

Grief ~ Loss ~ Change

...and other tales from the quarantine

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Objectives

- Grief
- COVID-19
- Self-care



Just back from our cruise. Had a great time.





If a tree falls
in a forest....



If no one's there to smell the
pretty candles at TJ Maxx, are
they still fragrant?



If I wasn't able to have a funeral
for my loved one, will they still be
remembered?



If people are unaware of my daily sacrifices as a healthcare professional, is my work still important?



Types of Losses

- Developmental
- Material possessions
- Some aspect of self
- Death



Variables in Grief

- Nature of the loss
- Coping skills
- Internal External Processing
- Culture
- Sudden vs expected



- Anticipatory grief
- Concurrent stresses
- Perceived support system
- Disenfranchised grief



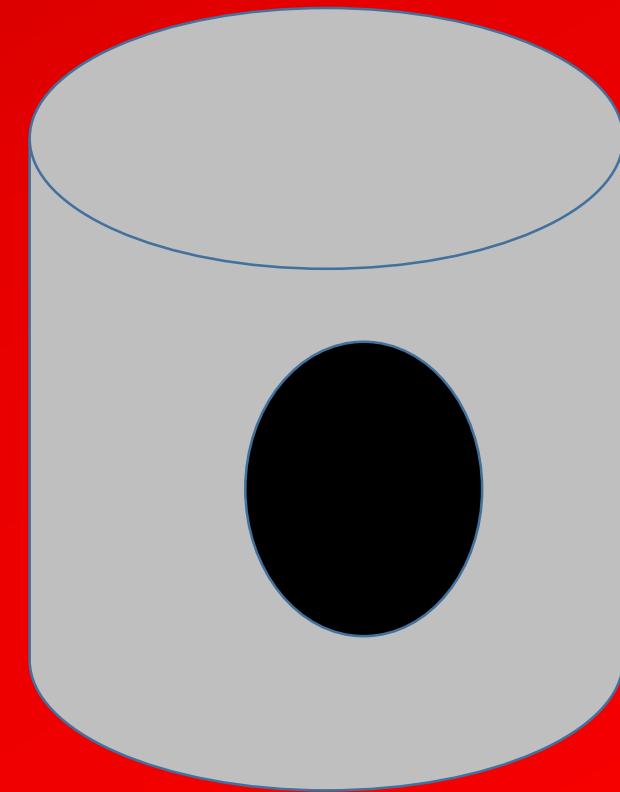
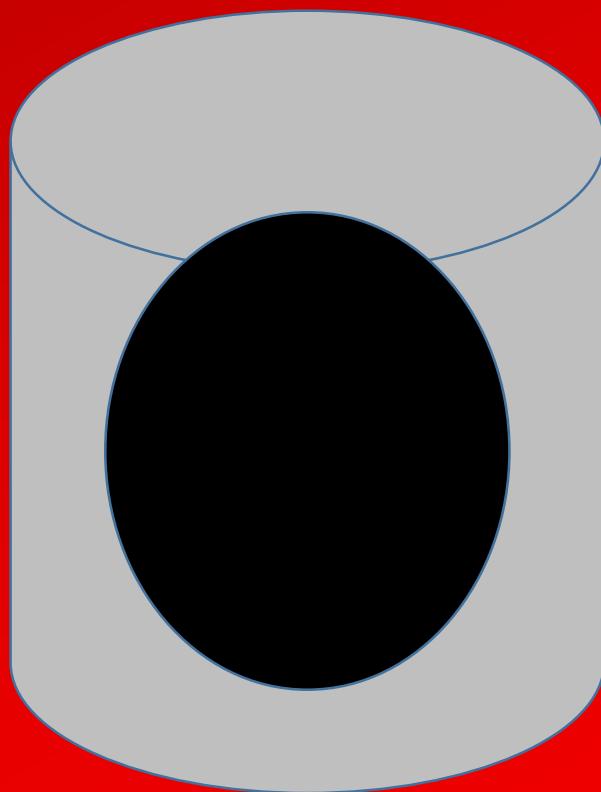
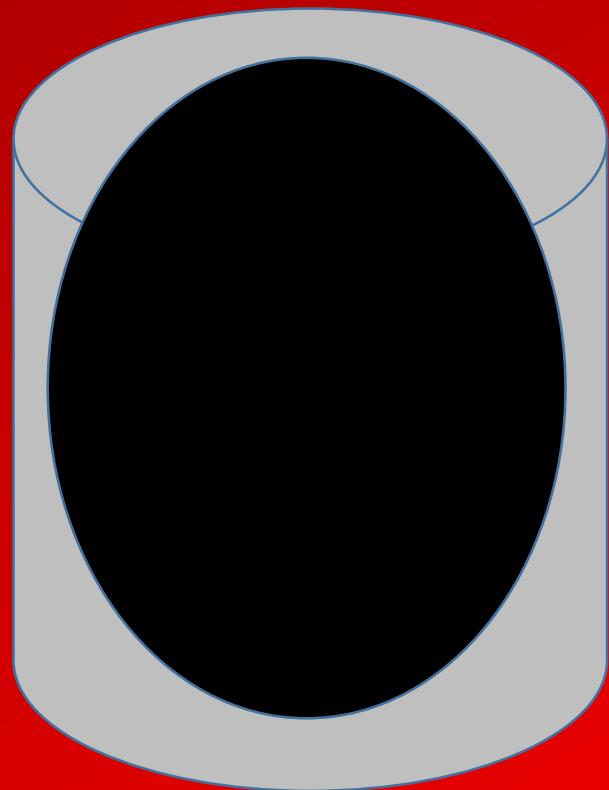
Goals of Grief Care

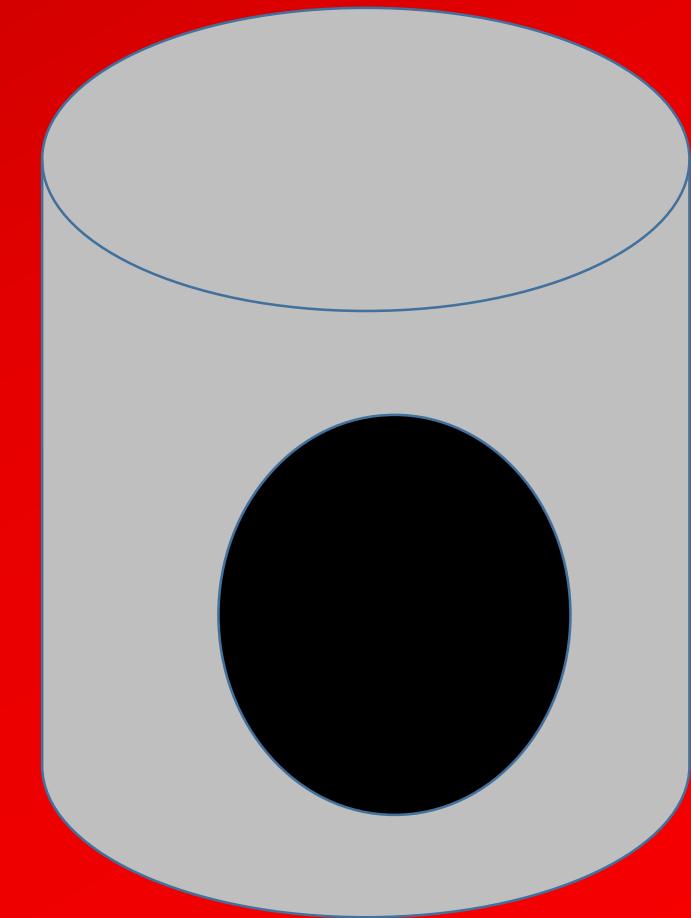
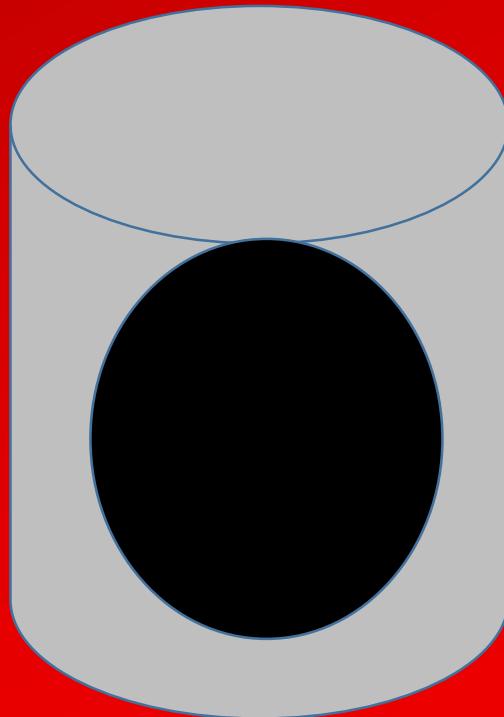
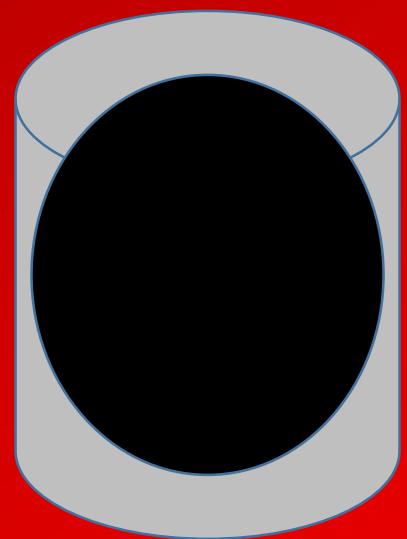
- Accept the reality of the loss / change
- Finding the new normal
- Survival



Will it get better?









Coping

There's no one
right way to grieve



T/C-2

ARE YOU HAPPY?

YES

NO

CHANGE
SOMETHING.

DO YOU WANT
TO BE HAPPY?

YES

NO

KEEP DOING
WHATEVER
YOU'RE DOING.

PRESENTED BY HIGH IN ASSOCIATION WITH MIRKLEJOHN LABS
AN FISHOS COLLABORATION FEATURED EXCLUSIVELY ON TYPOTY

Your
comfort
zone

Where the
magic happens

COVID-19

- Little known on the pandemic's impact on mental health
- Psychological stress not limited by geography
- CWRU study – 94% reported symptoms of grief



What are we Grieving for?

- Life as we knew it / normalcy
- Job / Income
- Fellowship (unknwn toll of social isolation)
- Security



First Responders

- Caseloads
- Work hours
- Depression
- Suicide rate



Cumulative Loss

- Multiple deaths at the same time or in serial fashion
- Often occurs in a hospital or hospice facility, and may lead to bereavement overload, or what has been called **cumulative grief**
- Cumulative grief is the caregivers response when there is no time or opportunity to completely or adequately grieve for each person who has died



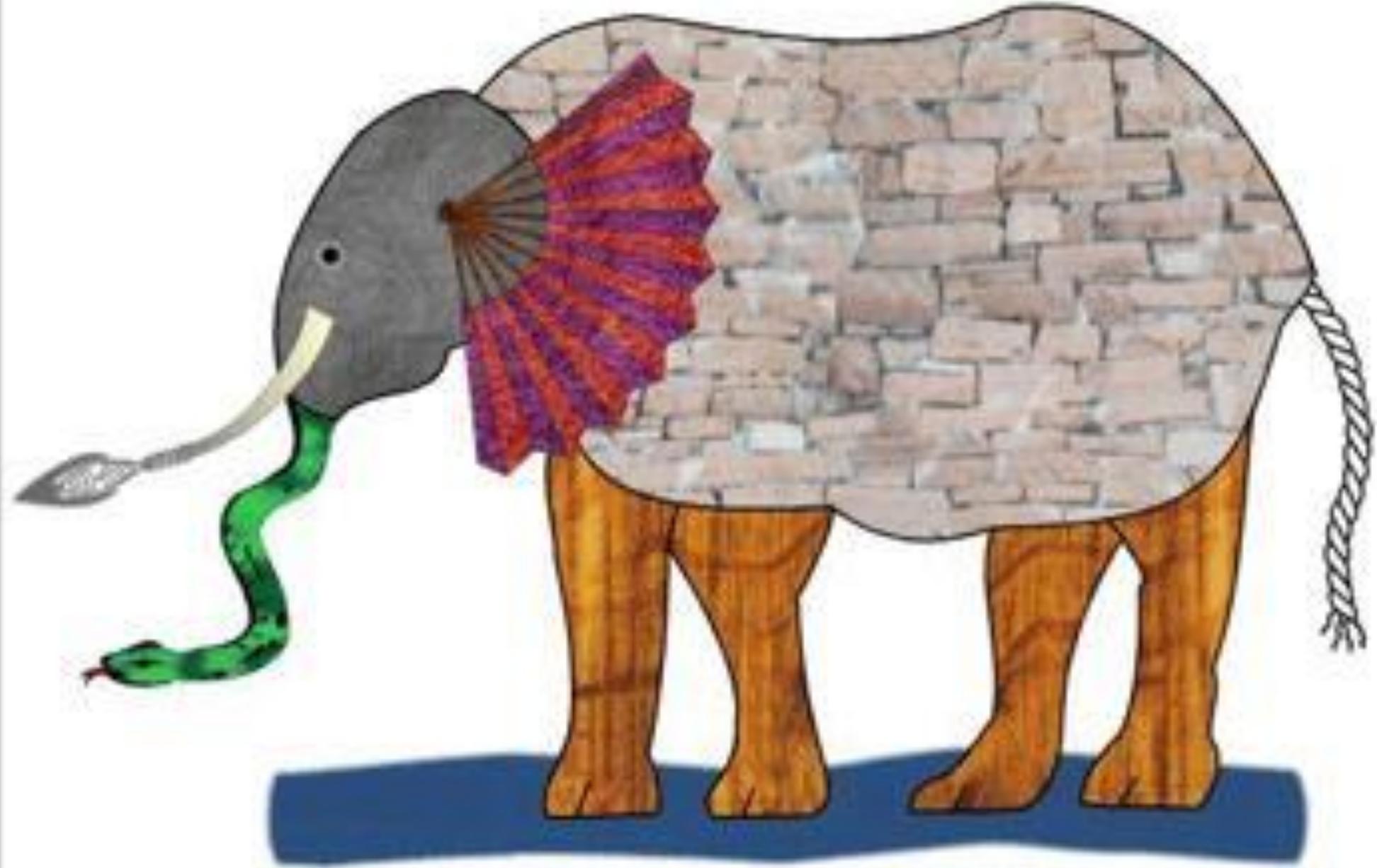
Cumulative loss is bouncing
back and forth between the
stages of grief without resolution

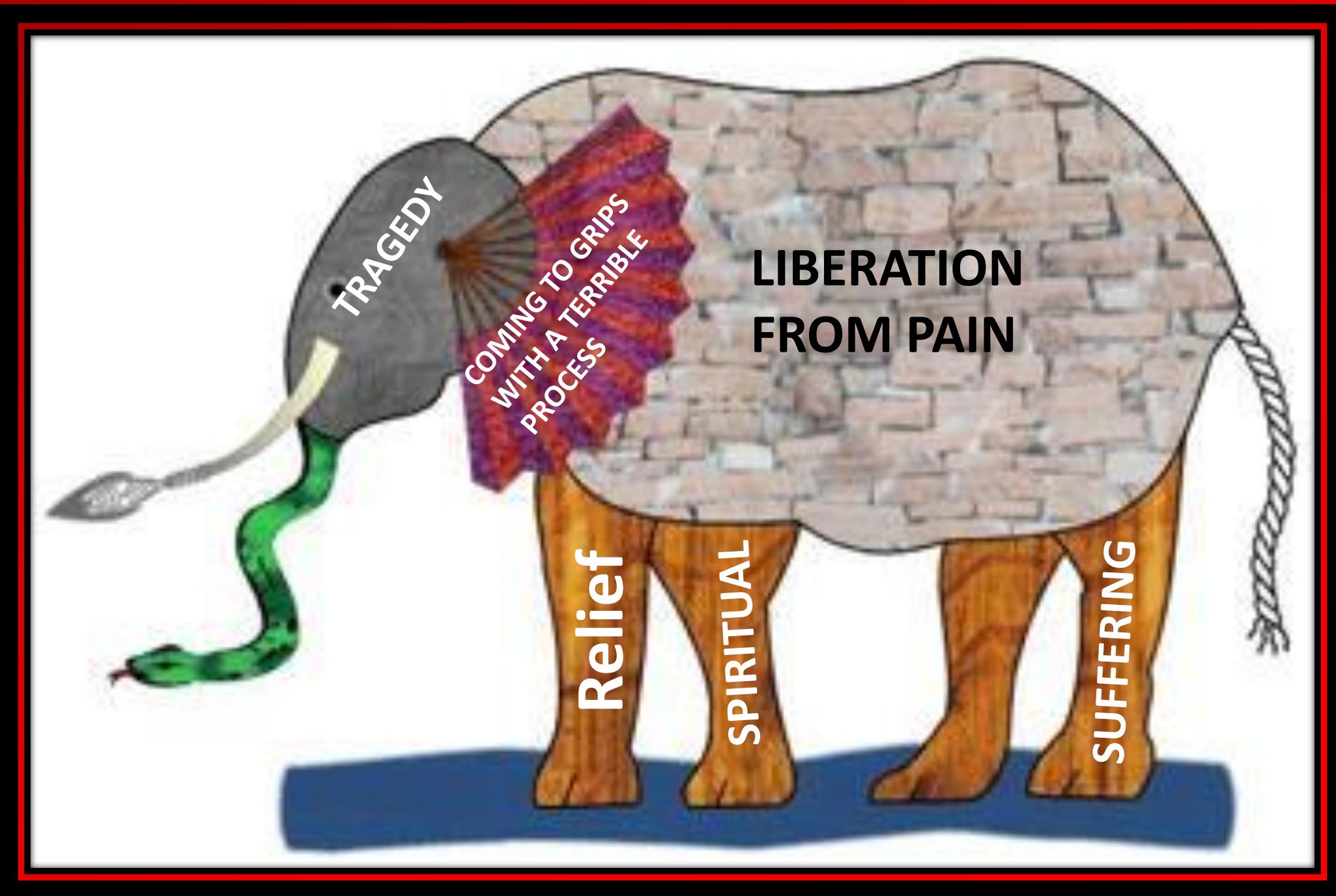


Traumatic Loss

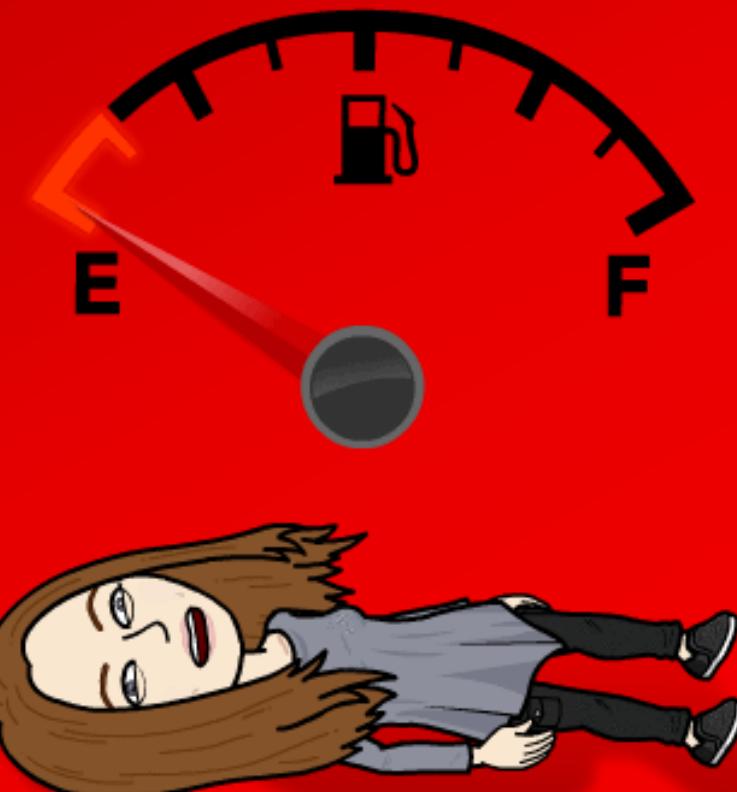
- Cumulative Trauma
- Vicarious Trauma
- Trauma is a perception
- Can lead to cynicism







When stress rises, self-care tends to fall.



Quarantine Reality



YOU WOULDN'T LET
THIS HAPPEN TO
YOUR PHONE.



DON'T LET THIS
HAPPEN TO
YOU EITHER.



SELF-CARE IS A PRIORITY.
NOT A LUXURY.

How Does Caregiving During a Pandemic Affect Your Life?

- Decision fatigue
- Find your tribe
- Work/Life balance
- Media consumption
- Your addictions



Desserts





Questions?



Cornerstone of Hope

- Support Groups
- In-person and Telehealth Counseling
- Memorial Events
- 216-524-HOPE
- www.cornerstoneofhope.org



CREATING A WORLD WHERE
NO GRIEVING PERSON JOURNEYS ALONE

Thanks for
Participating!

