

Grief, Coping, and New Possibilities: Engaging COVID's "New Normal"

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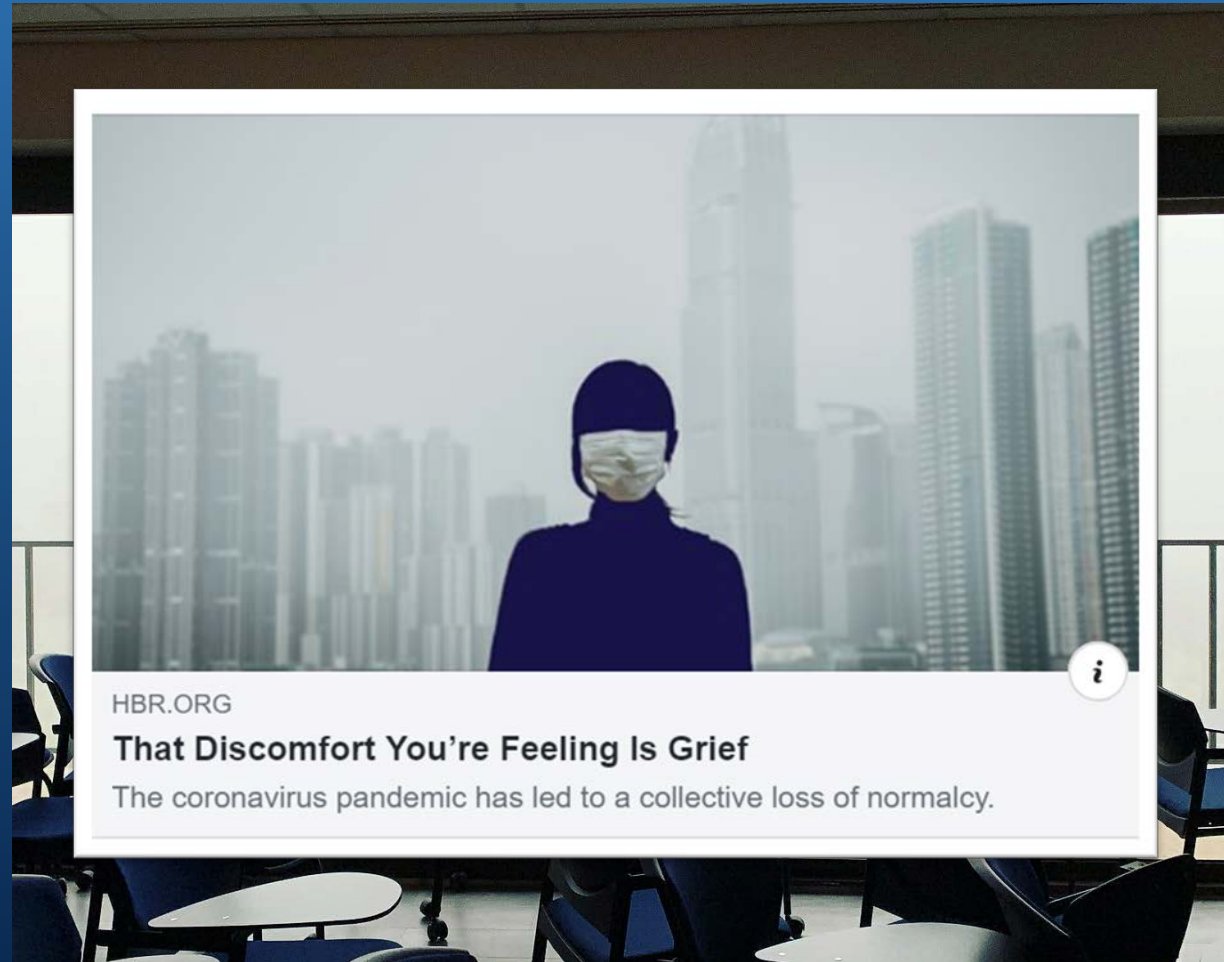
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“Right now our world as we know it has died.”

-David Kessler



PennState Health

Traditional Approach to the Grieving Process

Kübler-Ross' 5 Stages of Dying:

Denial

Anger

Bargaining

Depression

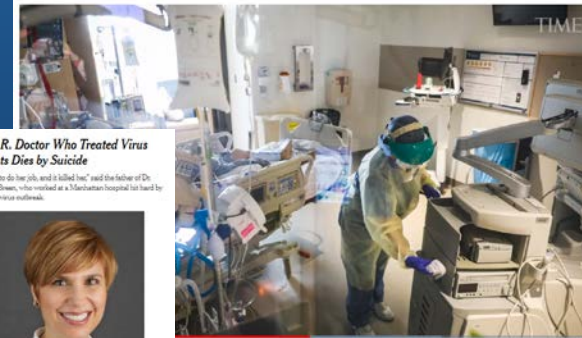
Acceptance



Suicides of two health care workers hint at the Covid-19 mental health crisis to come

By WENDY DEAN / APRIL 30, 2020

TIME CORONAVIRUS BRIEF YOUR QUESTIONS ANSWERED WEARING MASKS MEAT SHORTAGES



Top E.R. Doctor Who Treated Virus Patients Dies by Suicide

"She tried to do her job, and it killed her," said the father of Dr. Laura M. Breen, who worked at a Manhattan hospital hit hard by the coronavirus outbreak.



By Dr. Barbara, Michael Sautter, William K. Hoffmann and Brian Rubenstein / 4/27/2020 - coronavirus-2020

A top emergency room doctor at a Manhattan hospital today **voluntarily** retired after she was hit by the coronavirus outbreak.

Coronavirus kept priest out of p he gave Last Rites through a wir

Updated Apr 27, 2020; Posted Apr 27, 2020



Reverend Michael Way of Middletown performs Last Rites on a patient who is **positive** for the coronavirus. Photo courtesy of Michael Way



WHO IS "WORTHY"? DEAF-BLIND PEOPLE FEAR THAT DOCTORS WON'T SAVE THEM FROM THE CORONAVIRUS

By Robin Wright / April 28, 2020

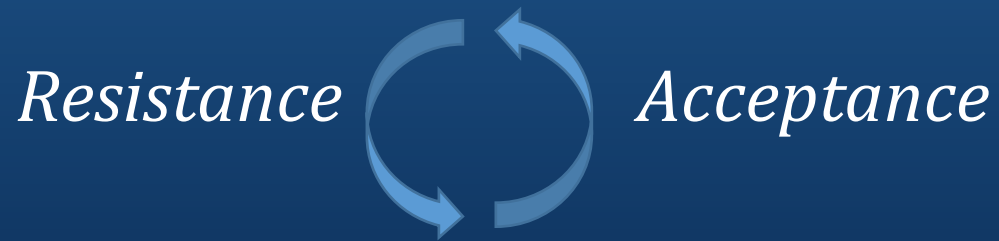


The lawyer and disability-rights activist Helen Gomez, who is deaf-blind, said that she is worried that "doctors' desire to save patients will do damage on some level."

My husband is breathing on his own with minimal supports. Not yet fully awake but his doctor is gonna let me facetime him this afternoon.

Traditional Approach to the Grieving Process

Kübler-Ross' 5 Stages of Dying:



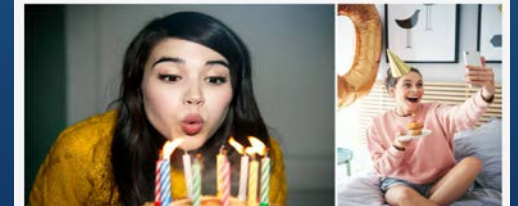
Why this is different...

- Everyone's grieving (not just a few)
- Grief is cumulative.
- No one's grief is the same.
- Not everyone is in the same stage of grief.



How to celebrate your birthday during lockdown: Fun ideas to make your big day special

© April 2020, 12:00 | Updated: 6 April 2020, 12:01



David B. Simmons

May 3 at 9:54 AM · 🧑🏻‍🤝‍🧑🏻

The answer is No. We won't be celebrating our 25th wedding anniversary on the Danube in Budapest. 😞

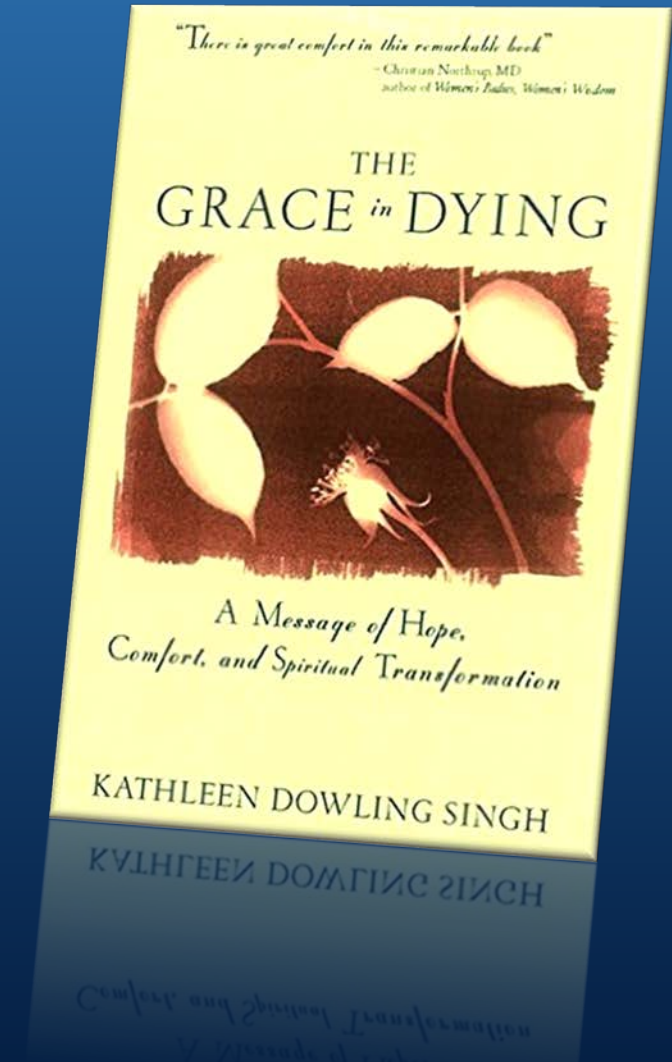
#firstworldproblems



PennState Health

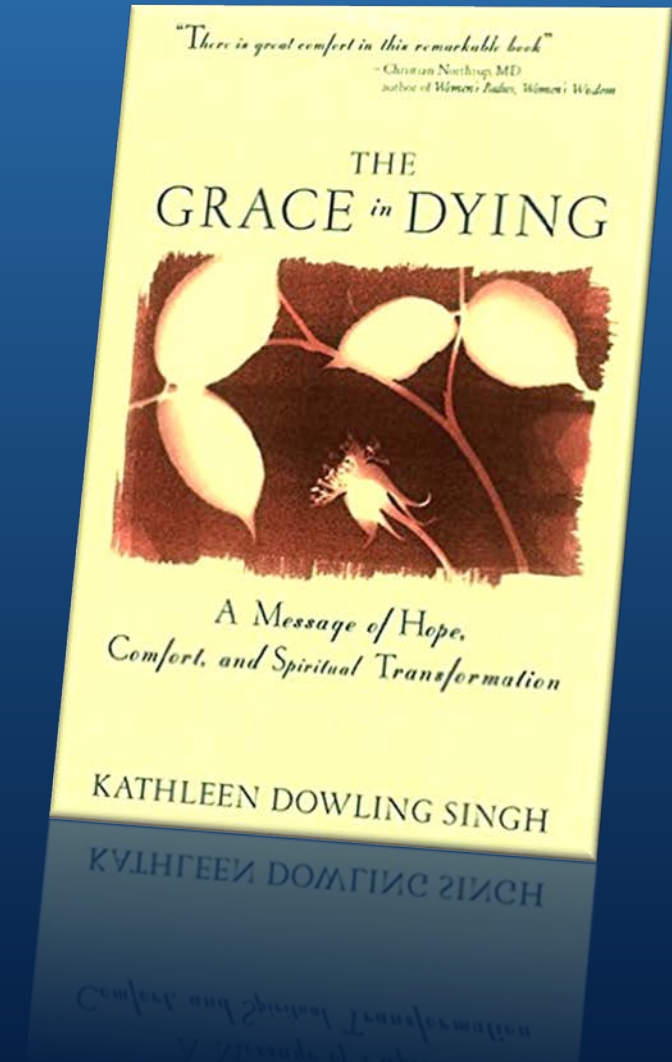
Psycho-spiritual stages of grief

- Chaos
- Surrender
- Transcendence



Psycho-spiritual stages of grief

- Chaos – *Grief*
- Surrender – *Coping*
- Transcendence – *New Possibilities*



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