

a few notes

Topic: Grief



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

With the chaos of the pandemic on everyone's mind, how are you feeling? If you are feeling discomfort, that discomfort might be grief. In today's check-in, we turned to Dr. David Kessler for ideas on how to deal with grief. We reviewed his thoughts on why it's important to acknowledge the grief you may be feeling, how to manage it, and how he believes we will find meaning in it. Anticipatory grief was the focus.

Anticipatory grief is that feeling we get about what the future holds when we're uncertain. We also talked about the stages of grief: denial, anger, bargaining, sadness, and finally acceptance.

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