



pandemic  
recovery &  
grief

CONNECTION CARE – JUST FOR ME

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The background features a light grey base with large, overlapping organic shapes in muted green and brown. A dark brown silhouette of a pine branch is visible in the upper left. A white line with a wavy, organic path crosses the lower right portion of the image.

A one-minute  
present

we are exhausted.  
we are overwhelmed.  
we are uncertain.

Our sympathetic nervous system has been on high alert for 3 years ... since the world as we knew it abruptly stopped and we were left scrambling to respond to the ever-changing landscape of life.

It is known as pandemic fatigue. And it is very real.



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When you shut down emotion, you're also affecting your immune system, your nervous system. So the **repression of emotion**, which is a survival strategy, then becomes a source of **physiological illness** later on.

- Gabor Maté



# Recognizing loss and allowing for grief

- **Collective Grief**

- Loss of routine and structure of life as we knew it
- Loss of stability and security
- Loss of trust—divisiveness
- Loss of community connection
- Loss of life

- **Individual Grief**

- Loss of celebrations, rituals, traditions,
- Loss of relationships or connections
- Loss of life
- Other personal loss as defined by the individual

We all grieve individually and in a way that serves us.

Grief is a never-ending process.

# Tonkin's Model of Grief

Growing around grief

Time

Your life



Source: Cruise Bereavement Care

# breakout groups

What losses and areas of collective and individual grief are in need of acknowledgement in your life?

How can you allow time and space for your grief?

How can you extend gentle self-compassion and grace as you allow yourself to feel your grief?



## NAOMI HOLDT

“Before you begin questioning the absolutely depleted and wrung-dry state you in ... Pause. Breathe. Remind yourself of who you are and what you have endured. And then remind yourself of what you have overcome.”





# takeaways

“RETHINKING HOW WE HOLD SPACE  
FOR GRIEF AND LOSS” BY MICHÈLE  
PEARSON CLARKE

[HTTPS://WWW.YOUTUBE.COM/WATCH?V  
=ZKB1XKXWYHG](https://www.youtube.com/watch?v=zkb1xkxwyhg)

“DAVID KESSLER AND BRENÉ BROWN ON  
GRIEF AND FINDING MEANING”

[HTTPS://BRENEBROWN.COM/PODCAST/D  
AVID-KESSLER-AND-BRENE-ON-GRIEF-  
AND-FINDING-MEANING/](https://brenebrown.com/podcast/david-kessler-and-brene-on-grief-and-finding-meaning/)

“PANDEMIC FATIGUE IS REAL”

[HTTPS://COVIDBLOG.OREGON.GOV/PAND  
EMIC-FATIGUE-IS-REAL/](https://covidblog.oregon.gov/pandemic-fatigue-is-real/)

This being human is a guest house.  
Every morning a new arrival.  
A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.  
Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.  
The dark thought, the shame, the malice.  
meet them at the door laughing and invite them in.  
Be grateful for whatever comes.  
because each has been sent  
as a guide from beyond.

# the guest house

by jellaludin rumi

The background features a light gray base with several abstract shapes: a large reddish-brown shape on the left, a large olive-green shape on the right, and a white outline of a leaf-like shape on the right. In the top left, there is a faint, light gray illustration of a leafy branch.

# thank you

Lynn McLaughlin & Karen Iverson Riggers

[www.ebbandflowcooperative.com](http://www.ebbandflowcooperative.com)