

Global Grief and Just Showing Up

The words coronavirus and COVID-19 have wreaked havoc on our world, infecting millions worldwide, leading to many deaths. This has been a challenging time, to say the least. We are grieving so many things with mental and physical health consequences.

We cannot change this. But what can we do? We always have a choice to make. Each decision we make in every moment will help determine what we will become on and help build our resilience. Here are a few thoughts to guide us along the way:

10 Tips on Navigating Life and Grief

Acknowledge and allow all feelings

Your feelings and of those around you. It's certainly understandable to be struggling.

Be ok with not being ok. Good news—it's not your job to fix it.

Just Show Up for yourself and each other.

Be informed but not obsessed

Seek out information from a reliable source when needed.

Don't spend your entire day being inundated with scary statistics.

This will not serve you or anyone else well.

Do your best to protect yourself and others

Be the best example that you can be.

If you see or hear something wrong, do or say something right!

Or let it go. We can't change everyone.

Understand that what we are experiencing is grief—global grief

It can manifest itself in many different ways; sadness, depression, anger, fear, disorientation, irritability and the list goes on.

There is no right or wrong way to grieve.

Allow yourself and others to feel what you feel, without judgement.

You can't fix grief, but you can love and support each other along the way.

And remember: We are all in the same storm, we are not all in the same boat.

For some, there is disappointment. For others, devastation. Always be kind.

Allow the Process

Life is continuously changing. It can be confusing.

Accepting this, re-evaluating and letting go will ease the process.

Use your creativity and imagination along the way. Reconnect.



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Catch your breath

We are a society that is constantly on the go, over-stretched, and trying to do it all and have it all. If we are forced to pause, change or step off the treadmill, how do we get back on? Are there things you'd like to do differently?

Clean your house—literally and metaphorically

Here again is the opportunity to de-clutter; mentally, physical, emotionally, spiritually. Get rid of stuff that is weighing you down. Let go of the little things. Check in and ask, "Where is my clutter. What is no longer needed?"

Fill your life with happiness and gratitude

These are challenging times. Not only global grief, but the regular grief in life as well. Strained relationships, diagnosis, caregiving, financial stress etc... Ask yourself, "Am I happy?" And if the answer is "no", then what can you do to change that? What can you do now that makes your heart happy? Singing, laughing, movies, great books, sunshine, painting, journaling, etc... What CAN you do? Grief and Joy can co-exist. It's never all one or the other. Bring in heart and humour whenever you can.

Be the nicest person you know

Start with being extra nice to you! Easier said than done? Absolutely. But worth the effort, I'd say. Be intentional. Let go of the little things, walk away when you need to and check in with yourself frequently. Ask everyone to do the same. When you look back, how do you want to remember yourself in a crisis?

Make random acts of kindness a part of your everyday

There is so much you can do to fuel the positive. It's already serious enough. Let's take time away from focusing on our own challenges. Do something that would be meaningful for someone else. There are so many who are alone at this time, they would love to have people with them but cannot. Reach out.

We don't have a choice about being the midst of global grief.
But we do have a choice about what we say and do along the way.
We can learn from and support one another.

***We are stronger together and will get to the other side.
Let's let love and gratitude lead the way.
And Just Show Up!***

