During this crisis, **we are all grieving**. We are grieving the ways life used to be before this crisis - and we are mourning the loss of friends, family, and patients. Take some time to move through the five stages of grief to help you and your coworkers manage and heal.

### What are Some Reasons People are Grieving?
- Loss of contact with patients, family, or friends
- Deaths of patients, family, or friends
- Loss of experiences, pleasure, and joys of daily life
- Loss of normalcy and sense of safety

### What are Signs I May be Grieving?
- Anger, irritability, short temper
- Withdrawal from social interactions
- Rejection/minimization of own feelings
- Hyperfocus on helping others
- Feeling "too much" or more than normal
- Feeling "nothing" or less than normal

### 5 Stages of Grief and Strategies to Support Yourself and Your Coworkers

1. **Denial**: “This virus can’t impact me! I’m young and healthy.”
   - **Unhelpful response**: “You’re right! You’re young. Don’t worry.”
   - **Helpful response**: “I admire your gusto. We’re gonna make sure you have the right protective equipment to minimize that risk. Your health is important to me.”

2. **Anger**: “How dare you force me to work during a pandemic!?”
   - **Unhelpful response**: “This is what you signed up for.”
   - **Helpful response**: “I know it’s difficult to work while also dealing with risk and loss. How can we help manage your understandable frustration? How can I advocate for you?”

3. **Bargaining**: “If I just get through the next week, everything will be fine.”
   - **Unhelpful response**: “No way this is ending next week.”
   - **Helpful response**: “It makes sense to take it a day at a time, especially when we don’t know when this will end. We’re here to support you as things evolve and change.”

4. **Sadness**: “The situation is hopeless. I want to quit.”
   - **Unhelpful response**: “Just suck it up and keep going.”
   - **Helpful response**: “It can feel so hopeless sometimes. I’m hopeful because we are working together to help people.”

5. **Acceptance**: “This is happening and it is tough. I have to figure out how I can help.”
   - **Unhelpful response**: "Stop making a big deal out of this."
   - **Helpful response**: “Yes, this is tough. Let’s put our minds together and figure out how to keep both of us connected to our own reactions while we stay engaged in helping others.”

**In a crisis?**
**Call the National Suicide Prevention Lifeline: 1-800-273-8255**