

The Loss of Normalcy: Coping with Grief and Uncertainty During COVID-19



This webinar is for educational purposes only and not a substitute for speaking with your doctor.

Find Magellan contact information here:
magellanhealthcare.com/contact/

If you are in an emergency situation, you should do one of the following:

- Call 911.
- Go directly to an emergency room.
- Call your doctor or therapist for help.

Objectives

Identify the different types of grief and loss

Learn coping strategies for managing grief and supporting others

Recognize signs professional help may be needed

Today's Presenters



Dr. Caroline Carney

Chief Medical Officer

Magellan Rx Management

Magellan Healthcare



Dr. Varun Choudhary

Chief Medical Officer

Behavioral Health

Magellan Healthcare

The Loss of Normalcy

How to coronavirus has disrupted our lives

Loss of routines

Stress of social distance

Health concerns

Job concerns

Human need for structure and certainty

Reasons We Are Feeling Grief

About grief

Grief specific to the pandemic

Stages of grief

Anticipatory grief

Different Types of Grief and Loss

How grief manifests

Emotional (denial/disbelief, anger, fear, guilt, helplessness, anxiety, depression, acceptance, relief)

Physical (trouble sleeping, changes in appetite, fatigue, muscle aches, illness)

Social (withdrawal, isolation, irritability, conflict)

Complicated grief

Inability to say goodbye

Funerals/memorial services postponed

Grief put on hold to care for others

Multiple losses

Dreams put on hold

Time tables of grief

Patience is important

No wrong or right way to grieve

Coping Strategies for Managing Symptoms



Understanding grief as an ongoing process

Avoid allowing yourself to obsess or overly consume media

Recognizing grieving isn't forgetting or totally letting go

Understanding with grief comes growth

Avoid allowing yourself to obsess or overly consume media

Recognizing grieving

More Strategies for Managing Symptoms

Learn from adversity

Build a virtual support system

Focus on hope

Take care of yourself

Expect change

Practice gratitude

How to Help Others

What to say

Listen

Avoid giving advice

Don't take things personally

Offer to help



How to Help Ourselves

Take a break from things

Focus on the present

Engage in self-care and nourishing activities

Grant permission to feel



Recognizing Signs Professional Help May be Needed

Feeling life has no meaning or feeling suicidal

Blaming yourself for what has happened

Engaging in self-harm or other unhelpful forms of coping

Struggling with routine activities – not taking care of hygiene, ongoing problems sleeping, not eating

Finding Meaning in Grief and Loss

Wounds as gifts

Embracing life



Resources

Magellan Healthcare COVID-19 Response

Web page: [Click here for Magellan Healthcare COVID-19 Response website](#)

Continuously updated resources for our communities, clients, members and providers

- Trusted sources for COVID-19 information

- Videos, webinars and articles on coping with change, emotions, uncertainty stress, etc.

- Magellan Mind Your Mental Health resources for mental health awareness and education

- Virtual recovery meetings

- Magellan Crisis Resources

- Information on Magellan product and service solutions

- Magellan client and provider updates

Contact your medical or therapy provider for support

Reach out to your Employee Assistance Program (EAP) for resources to enhance emotional wellness

By receipt of this presentation, each recipient agrees that the information contained herein will be kept confidential and that the information will not be photocopied, reproduced, or distributed to or disclosed to others at any time without the prior written consent of Magellan Health, Inc.

The information contained in this presentation is intended for educational purposes only and should not be considered legal advice. Recipients are encouraged to obtain legal guidance from their own legal advisors.