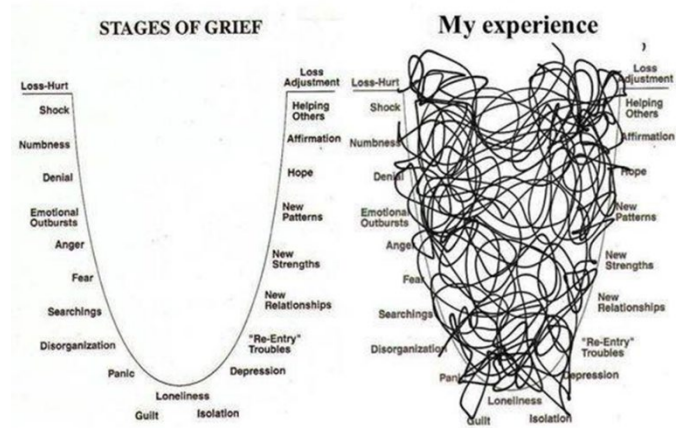


We are all grieving the loss of something right now. Whether it is the loss of a loved one (and if so, I am so incredibly sorry), to the loss of the ability to have a funeral and come together with loved ones to process, to the loss of wedding plans, loss of safety or sense of normalcy, loss of what we imagined and hoped for for our society.



We are also in a time when many of us have “am I essential enough?” anxiety when hearing about financial crises across the world. It can be tempting to overcompensate to prove your worth to managers and supervisors. I am not going to say not to have anxiety about job security, that is so real and fair right now. However, right now we are all going through a collective trauma. (Of course, recognizing that there is different levels of inequity, stress, and trauma in this current society of oppression.) All of us, no matter if this is an inconvenience in your life, or a

matter of life or death, may struggle just to gather the energy to focus on day to day tasks. I hope people are being gentle with themselves, being kind to your colleagues as we don't know what anyone is truly going through right now, and that folks feel safe enough to confide in a supervisor about how they are doing. If you don't feel comfortable doing that, know you can talk to [me](#), or [Dean Lazic](#), or [Faculty Staff Assistance Office](#), or [Ombuds](#). Your Staff and Faculty Senate are there as a resource, as well. Also, for those of us who are parents and working full-time, I encourage you to bring your kiddos to our [weekly dance parties and meditations](#)- make it a family affair!

I know we are all inundated with resources right now. I do want to point specifically to some resources for grief, and for emotional healing that I hope can be helpful. You are not alone in this, please take care of your mental and emotional health during this time (and always). If you are looking for ways to support your co-workers, friends, loved ones who may be having a tough time, please read until the bottom. If you are sick of resources, just take deep breaths, give yourself permission to feel, and know that you and our community are resilient.



[How to Journal Guide](#)- to help you tap into your inner wisdom and let it out onto paper

[Tara Brach's Pandemic Care Resources](#)- psychologist and meditation teacher shares support

[The Dinner Party](#)- get together for young adults struggling with a loss; currently offering virtual services for all (click the link at the top of the page)

[Seane Corn's Weekly Yoga Classes](#)- many refer to her yoga classes as "church"

[Distress Tolerance Skills](#)- for getting through the moment without making things worse for yourself or anyone else

[Yoga Nidra for Sleep](#)- a supportive meditation to guide you to sleep

[List of Resources for Overwhelm](#)- list of quick solutions for in the moment overwhelm

[New York Times Nature Meditation](#)- for those of us who like to be guided, and miss sounds of nature

[Emotional and Spiritual Support Sessions](#)- one of my dear friends is one of the chaplains you may be assigned to

[Self-Care Resource Guide](#)- you've probably seen this list already, but just in case you haven't yet!

[Headspace](#)- they have a course on grief

[Stay Home, Take Care](#)- a choose your own adventure guide to finding support and resources you need

[Some Good News](#)- with John Krasinski from The Office, he rounds up positive stories from across the globe each week

[How to Help Someone Who's Grieving](#)- the title explains it all

[A Video to Respond to Others' Pain](#)- this sweet, short video gives guidelines on how to respond to others in a way that appropriately meets their experience

Additional ways to support loved ones grieving or having a tough time: call them, send them your favorite healing words and poems, let them cry and release the full range of emotions they are feeling, instead of asking "what can I do for you?" and having them think of something- do a nice thing without permission (send them a grocery gift card or a Grubhub/ other food delivery service gift card, send them sweet cards, read to them/ their kids books over Zoom, mow their lawn, get their groceries for them.) Being present and actively listening are the two most important things to show your support and care for a loved one.