

**HOW CORONAVIRUS (COVID-19) HAS AFFECTED ME:
 -A Worksheet-**

The coronavirus has taken over our lives in ways we never imagined, and as a result, we are grieving many losses in our community and in our own lives. Whether we are healthcare professionals or not, we need to be intentional about acknowledging and validating the layers of grief we experience, especially if we are involved in caring for patients and their family members during COVID-19. Take a few moments to respond to each of the items below. **If you would like to talk to a grief counselor please call us at 231.728.3442/1.800.497.9559**

LIFE BEFORE COVID-19

List four emotions you regularly experienced at work before the coronavirus:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Describe your level of confidence in your ability to perform your job before the coronavirus:

What was your view of yourself as a professional before the coronavirus (COVID-19):

Very Negative Mostly Negative Mixed Feelings Mostly Positive Very Positive

On a scale of 1 to 10, where 1 is “none” and 10 is “always,” how frequently did you used to experience worry or anxiety on a daily basis?

What types of activities used to help you de-stress at the end of your workday?

LIFE NOW

There are many losses associated with COVID-19. Review the list below and check the ones you relate to; please add any others in the lines provided:

- | | | | | |
|-----------|------------|----------------|--------------|-------|
| Death(s) | Security | Relationships | Sleep | _____ |
| Financial | Loneliness | Physical touch | Peace | _____ |
| Faith | Isolation | Family | Future plans | _____ |
| Trust | Food | Friend | Hope | _____ |
| Safety | Supplies | Normalcy | Confidence | _____ |

It is important to acknowledge what we are feeling about our losses. Review the list of emotions below, adding any others you may feel in the lines provided.

Scared	Hopeless	Heavy	Irritated	Hopeful
Worried	Detached	Broken	Uncertain	Incapable
Numb	Frightened	Disoriented	Jealous	Frustrated
Helpless	Amazed	Annoyed	Resentful	Fatigued
Failing	Shocked	Suspicious	Misled	Skilled
Fearful	Happy	Bothered	Sad	Confident
Peaceful	Cheated	Powerless	Depressed	_____
Tired	Angry	Disappointed	Discouraged	_____

1. **Check one box on the left** next to each feeling you experience *AT WORK* every day.
2. Now go back to the list and **check the other box** next to each feeling you experience *AT HOME* every day.
3. Notice the feelings that have both work and home check-marked. What feelings do you bring home with you that you would like to leave at work?

FACTS ABOUT GRIEVING LOSSES:

1. There is no right or wrong way to grieve.
2. My grief will not be the same as another person’s grief.
3. Time does not heal.
4. Grief takes as long as it takes.
5. It’s okay to feel my feelings.
6. Feeling grief does not mean I am a failure.
7. Grief is the normal and natural response to any loss.
8. I do not need to be “fixed.”
9. It’s important to be gentle with myself and take care of myself when I am grieving.
10. Taking care of myself includes giving myself permission to grieve

Go back and check each item above you will choose to accept about your own grief.

TAKING CARE OF YOURSELF DURING COVID-19

Mindfulness can be one of the most helpful ways to care for you. It involves being intentional about our thinking and making healthy choices, including:

1. Positive self-talk – Say aloud every day: **“I am a competent and capable professional who cares for my patients and their needs.”**
2. Gratitude – Begin and end each day with writing a list of **3 things you are grateful for that day.**
3. Remind yourself of what you are responsible for – **“I am responsible for how I treat myself and how I treat others.”** That is all, nothing more or less.
4. Remind yourself of what you are not responsible for – **“I am not responsible for how others treat me, how others treat others, or how others treat themselves.”**

Self-Nurturing is another important need we all have on a regular basis, and especially during times of stress and grief. This includes:

- **Getting extra rest** (including a short nap or taking a few moments alone to close your eyes and breathe)
- **Drinking lots of water** (this helps to flush out stress toxins from our bodies so we can sleep better)
- **Getting outside** to take in fresh air, notice nature, spend quiet time, take a walk.
- **Meditation or prayer**, including listening to music, reading, yoga.
- **Embracing the sadness** of grief and allowing tears to fall when needed.
- _____
- _____

Identify 3 ways you can take better care of yourself during this time:

1. _____
2. _____
3. _____

Journaling your thoughts and feelings at the end of each day will provide an important release so you can reduce anxiety, racing thoughts, and increase a sense of peace. Journaling includes writing, making lists, drawing, copying musical lyrics and can be as creative (or not) as you want it to be.

Use a notebook, journal book, or the attached format and **start journaling today** by writing a letter to yourself, expressing your feelings, reassuring yourself of your ability to do your job professionally and efficiently, and reminding yourself of what you are responsible for.

Dear _____, <insert your name>

Today I feel

I am a professional and am able to perform my job efficiently and with skill. I express my professionalism in the following ways:

I am not responsible for how others feel, react, or treat themselves, others or me. I am responsible for how I treat myself and how I treat others. Today I choose to treat others in the following ways:

I will remind myself that grief is normal for what I am going through, and take time to be gentle with myself. I will choose to treat myself in the following ways:

I will choose to love and value myself in the following ways:

With Loving Care and Concern,

<sign as yourself>