

Working Remotely: Tip of the Week

Emotional Intelligence: Grieving

As another academic year begins, some people may experience sorrow for what has been happening since March in their personal and MC families, including the loss of respected colleagues. The pandemic has reached a national milestone of suffering and the trauma of racism, violence and inequity, including healthcare, is evident. Recognizing our and others' grief helps us to move forward. Being kind to each other helps us carry our burdens.

Loss: Losing anyone in your circle of hearts takes time to process, especially if the rituals of good-bye and memorial services are not possible. Accept waves of feelings and diverse ways to heal.

Facing mortality: Initially, there were conflicting messages about the severity of the virus. It seemed far away. Now the reality is clear. Assessing risk and changing behaviors are priorities. Families may be holding deep discussions about childcare/eldercare, medical decision-making, finances, wills, final wishes. These conversations take time, patience and attention.

Trauma: Any shock can trigger memories, whether illness, death or witnessing violence. Be kind to yourself if you go on the journey of grieving or rage. Contact those with whom you can share feelings; use the FSAP services (HRSTM website); find allies. When ready, take action from a center of self-care and solidarity.

Recognition: Allow all manner of losses to be grieved. A child might have looked forward to camp; vacations were cancelled; restaurants closed; sports disappeared; household budgets reduced. Allow yourself to acknowledge losses of all sorts: financial security, friendships, faith practices. Be creative and re-invent new ways of life.

Listen deeply: The world is grieving. Over 24 million humans have been infected with Covid-19; over 820,000 have died. Other illnesses or injuries have taken lives. Economic hardships continue. Be open to the unsaid, while honoring silence and personal boundaries.

Tune into your awareness of others' struggles and strengthen your emotional intelligence. Use MC's SHaW Center website for County and regional resources. Your efforts to participate in community represent shared MC values.

For more Tips on working remotely, please visit <https://bit.ly/mc-remote-working-e> and watch for the next tip on Monday, September 8.

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