

Q1: Differences in grief

- Collective loss by people of all ages
 - Life how we once knew it
 - Normality of rituals and gatherings
 - Predictability. State of unknowing.
- Length of pandemic
 - Feelings of guilt
 - Lack of closure
 - Rituals and traditions
- Marginalized communities

Q2: Grief process

- Medical workers: more firsthand experience of death
- Context: A national and global tragedy
- Increased moral injury
- Impact on mental health

Daily Quarantine Questions

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of “normal” am I LETTING GO of today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?