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

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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
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