



It's OK to not be OK

“Sometimes the bravest thing you can do is to admit you are scared”

We've been seeing a lot of information on social media and in the news regarding resilience and the human spirit. It's great that some people are using this opportunity to start new habits and others are beginning to slow down and appreciate the small things in life. With that being said, I also want to highlight that we've never experienced anything like this before so it's important to excuse yourself for a minute and sit with it. If you're still feeling sad and hopeless, I'm here to tell you that's OK.

Whatever you're feeling right now is real and is having an impact on your relationships, daily activities, motivation, concentration, etc. If you feel like all of this is too much right now – that's OK because it is. As Curtis, a Peer Recovery Coach, describes – giving ourselves permission to accept how we're feeling right now can be really empowering.

While the uncertainty is scary, the way we can manipulate fear from an obstacle to an opportunity is to focus on what we can do right now. For many of us, that might not mean starting new habits or relishing all the time we have in our calm new world, but here's a few things we can focus on:

1. People are working day and night to help resolve this crisis and care for those in critical need
2. Find inspiration in the stories people are sharing – ordering food for grocery store workers, hospital workers, etc.
3. Let others know you hear their fear and responding with “this really sucks” and “I know this is really hard” shows empathy and lets others know you hear and validate their feelings.

Coach-Connect

Curtis Meyer has been coaching at Meritus Medical Center since March 2018. Amidst the chaos created by COVID, Curtis reminds himself what an honor and privilege it is to be part of someone's journey but to also recognize your own fears and confidently carry them with you to do your best work.



Be kind and generous – and not just with your toilet paper, but with your words too!

5 Stages of Grief

Developed by Kubler-Ross

Grief is often defined as a multifaceted response to loss. Through these trying times, many of us are worried for the health of ourselves and our loved ones and may have experienced the loss of a loved one. All of us, though, are grieving the loss of “normal.” We thought it’d be helpful to review Kubler-Ross’ 5 Stages of Grief so we can be prepared to recognize these as normal behaviors during this time.

1. Denial – It’s hard to grasp that this is actually happening. These are unprecedented times and coming to terms with reality and the new norm can take time.
2. Anger – As reality sets in, many people experience anxiety and frustration at the situation. Our loss of control over the situation may result in feelings of anger.
3. Bargaining – As we try to cope with our feelings, we begin to make trade-offs like staying home or discontinuing normal activities.
4. Depression – Lack of connection can lead to sadness and many people may feel hopeless during this stage
5. Acceptance – Coming to terms with what’s happening and modifying our expectations and behaviors to adapt to the new normal.

As we move through the stages of grief, it’s important to recognize that what we’re feeling is very normal.

In the News

Experts continue to warn that people in recovery from substance use are at a greater risk of relapse during the COVID-19 stay-in-place orders occurring across the nation. The self-isolation as well as these highly-confusing times with concerns about family, health and finance can be triggering for individuals in recovery.

Each day, we’re seeing more access to telehealth in the forms of online AA meetings, text-based therapy, recovery apps that allow you to chat with others, and medical appointments via video. We’re starting to see that these teleoptions have engaged patients in different ways and the silver lining is that this shift to telemedicine will likely spur new research into remote medical practices that will benefit everyone who needs access to care.

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