

Tactics for maintaining Mental Fitness during the COVID-19 Pandemic:

Coping with Grief and Loss

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Agenda

1

Refresher: Charging our Battery

2

Micro-skill of the Day: Coping with Grief and Loss

3

Actions for today

1

Refresher: Charging our Battery

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Actions for today



Recall, we are like batteries and each day we may start at a different level of charge

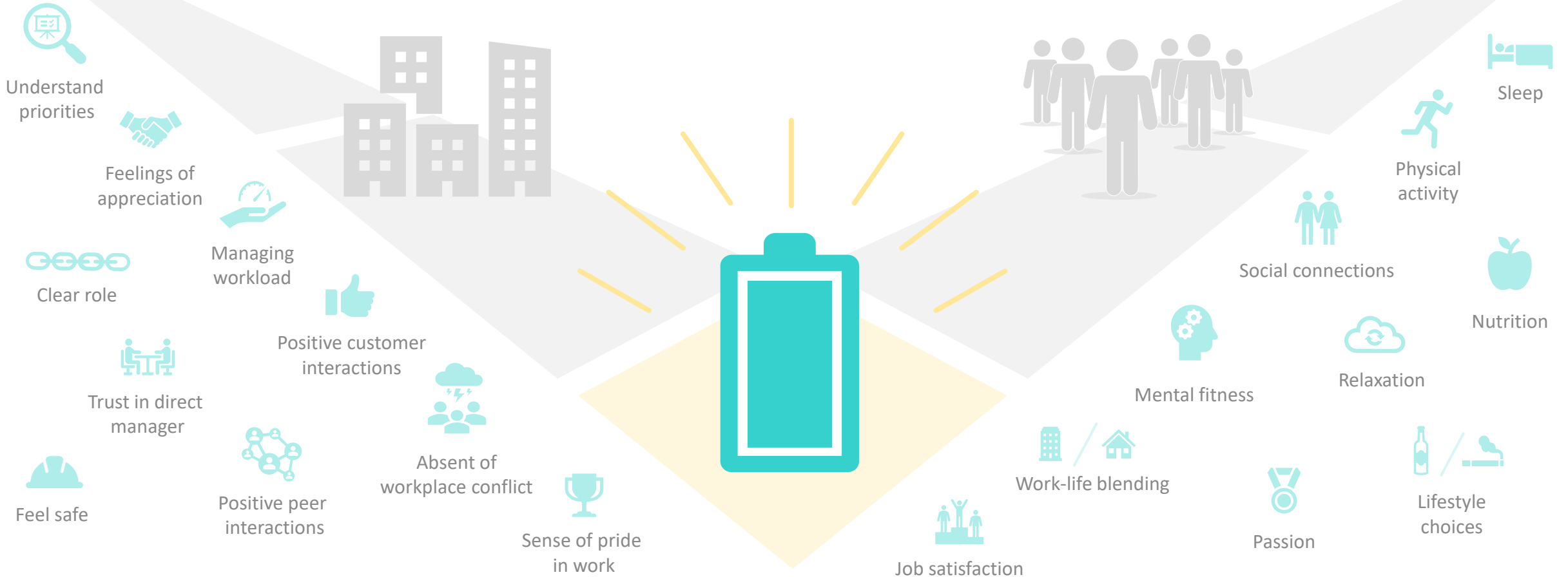


Resilience is built through joint responsibility

Employer Actions

+

Employee Actions

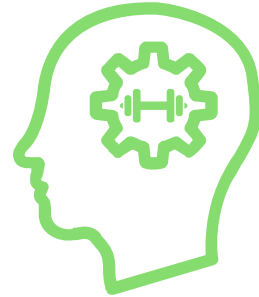


Maintaining Mental Fitness: Micro-skills

- Micro-skills are small behaviours or cognitive skills you can add to your life to support mental fitness
- They are skills that can be applied to all areas of your life:
 - Physical
 - Mental health
 - Personal life
 - Work experience



Sydney's Mental Fitness Plan



Mental Fitness

Physical Health

Social Connection

Daily

- Gratitude Journal
- Self Development
- Work Horses

- Strength / Cardio Training
- Water
- Sleep Schedule

- Phone Call
- FaceTime / Skype
- Social Distance Walks

When needed

- Learn Something New
- Podcasts
- Perspective vs. Mindset

- Eating Well but Realistically
- Walk Dog
- Stretching / Yoga

- Board Games
- House Party App
- Honest Conversation

1

Refresher: Charging our Battery

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Micro-skill of the Day: Coping with Grief and Loss

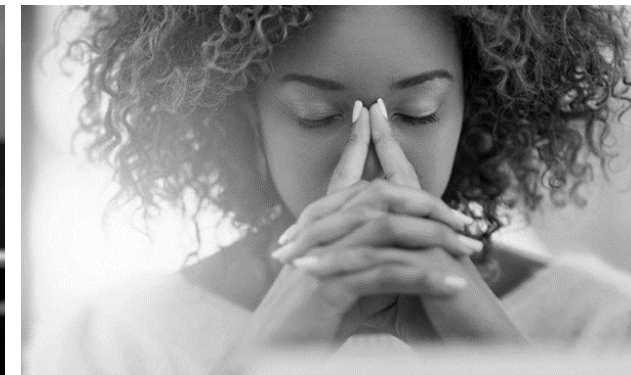
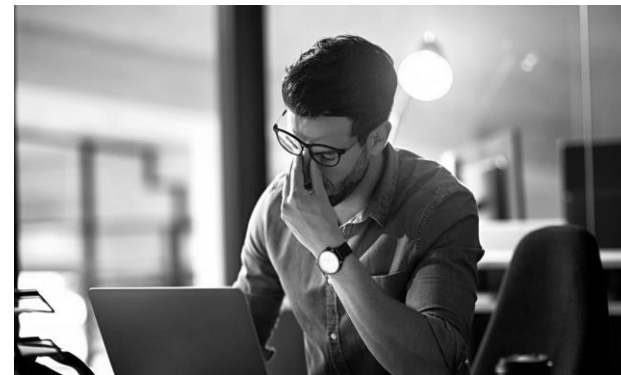
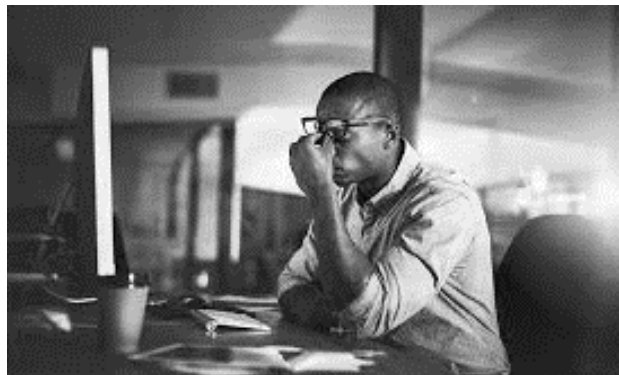
3

Actions for today



What do we mean by Loss?

- When people, experiences, or abilities are removed from our life a sense of loss can be experienced.
- The realities of the COVID-19 pandemic have resulted in many immediate and long-lasting changes to Canadians and our way of life.
- This can create a sense of loss for people that may be difficult to cope with.



What are some of the big losses we are facing in this pandemic?

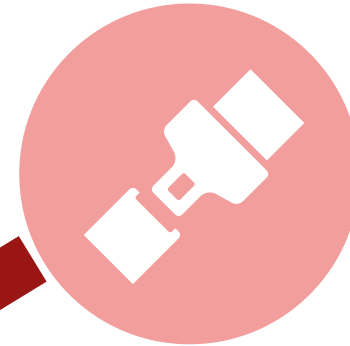
Social interaction

- Natural rhythm
- Missing body cues
- Distorted signals



Sense of Safety

- Health assumptions
- Removal of safety net
- Financial security
- Sense of control
- Safe common spaces



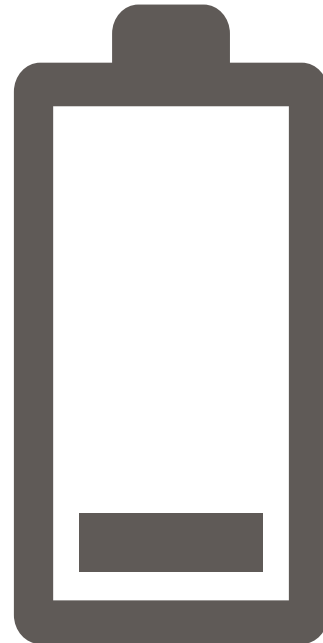
Devasting Loss

- Larger number of deaths
- Loss of job



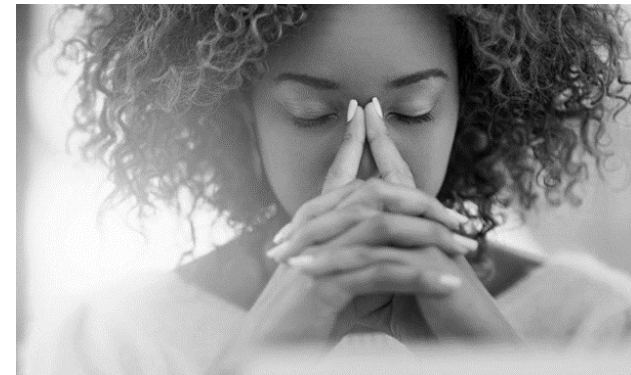
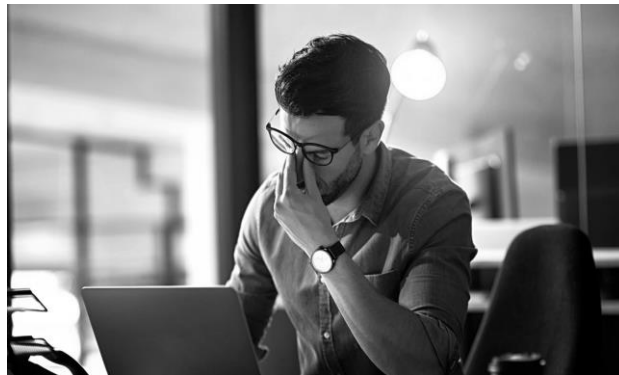
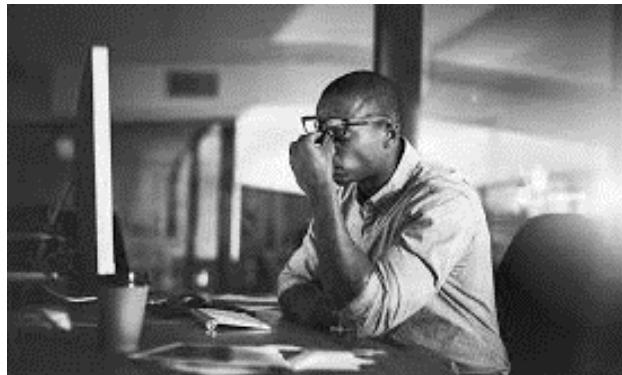
Community Participation

- Change of scenery
- Passions (sports, music)



What do we mean by Grief?

- Grief is a normal response to a loss that consumes physical and emotional resources.
- Grief can't be rushed, it is something that takes time, affects people in different ways.
- In times of difficulty, grief can be delayed if survival is dependent on it.
- Grief can overwhelm a person to the point they're unsure how they're going to move forward.



The five stages of grief

1



Denial and
isolation

2



Anger

3



Bargaining

4



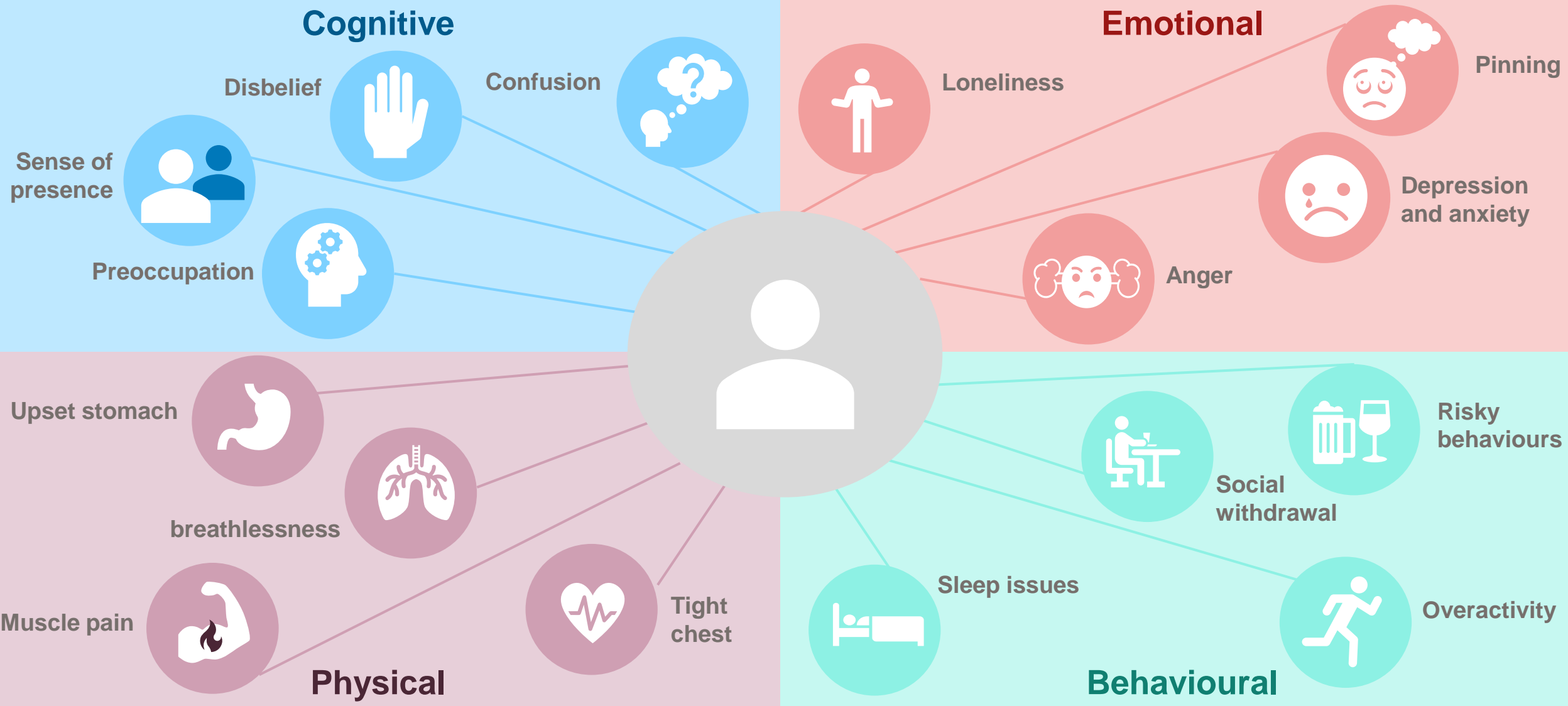
Depression

5



Acceptance

What are some of the common signs of grief?



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Actions for today



Micro-skills to remove a sense of loss during the COVID-19 Pandemic



Notice and **name**
what you are missing



Focus on
now



Identify what
you can control



Exercise
Self-compassion

Micro-skills to help when grieving



Allow for
grief



Ask for help



Spread **kindness,**
love and **care**



Find time for
Joy

Reflection for today

- What are you missing most from your life?
- What is one strategy you are using to cope with that loss?
- Share your reflection on social media using the hashtag:
 - #MYMF
 - #MYMFPLAN
 - #MFSTRONG

Additional Tools:

[Grief Aid Mini-Screen](#)



Next Weeks Webinar

- When: Tuesday May 12, 2020
- What time: 12 pm est
- How to find it: www.maintainingmentalfitness.com
- Micro-skill: Supporting Others





Question Period

www.maintainingmentalfitness.com

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