

Identify the loss. Routine

- Routine
- Plans

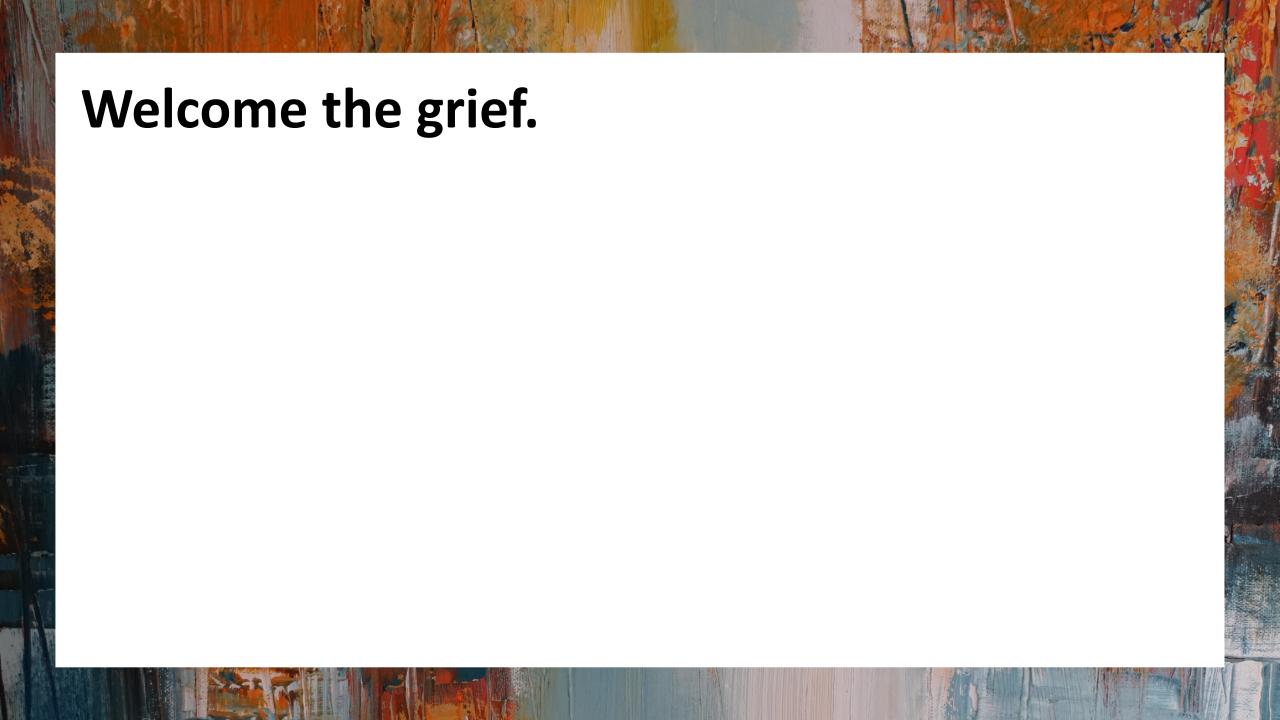
- Routine
- Plans
- Relationships

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Make a list.



Welcome the grief. 1. Denial

- 1. Denial
- 2. Anger

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- 2. Anger
- 3. Bargaining

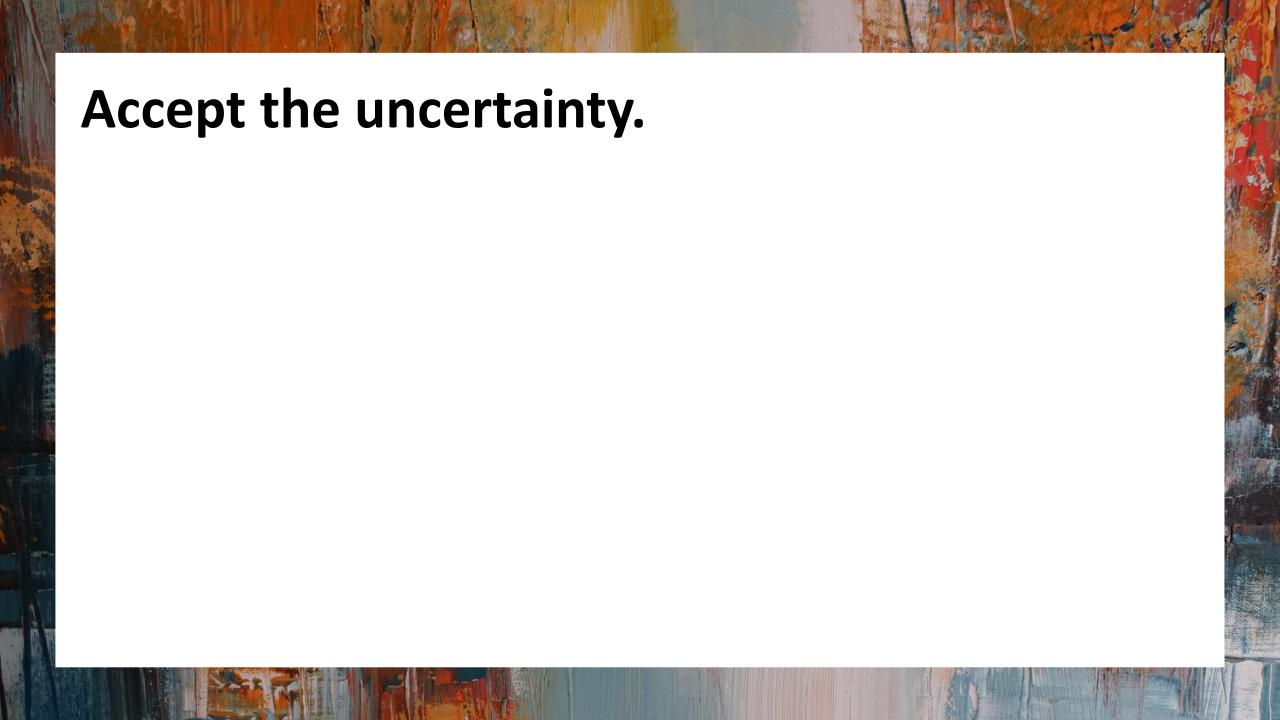
- 1. Denial
- 2. Anger
- 3. Bargaining
- 4. Depression

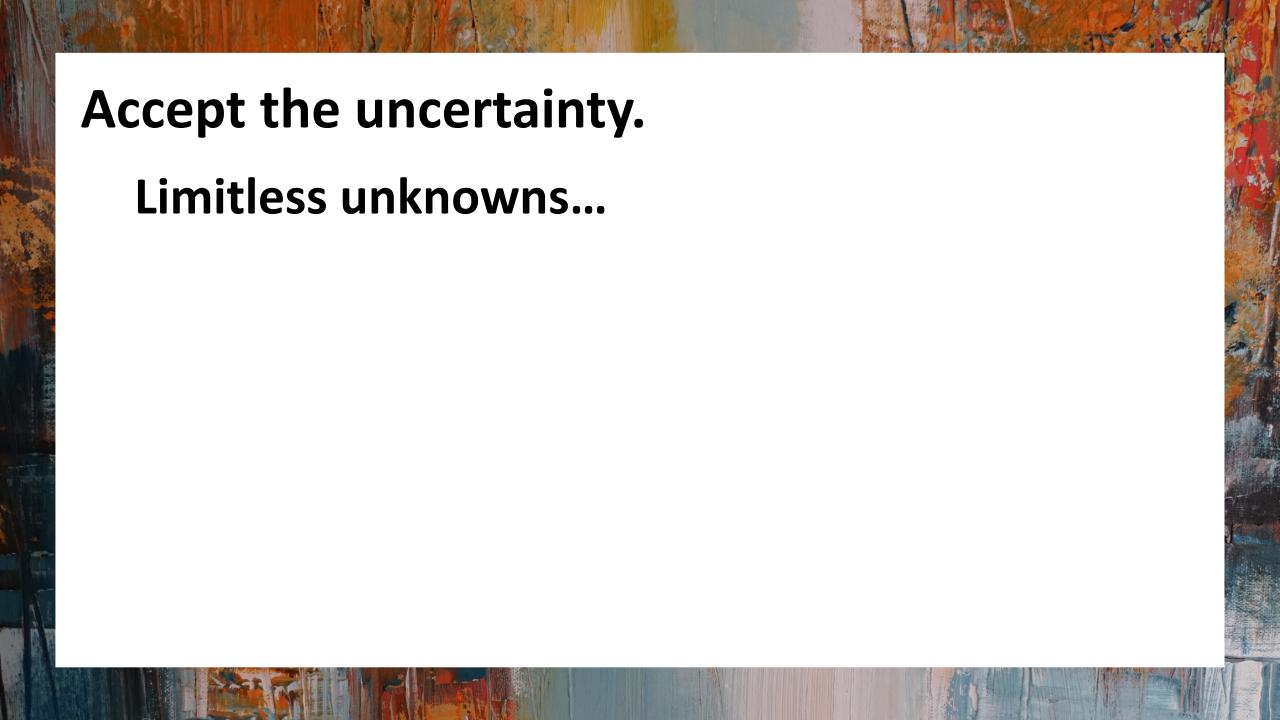
- 1. Denial
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- 4. Depression
- 5. Acceptance

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- 6. Meaning (David Kessler)

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Limitless unknowns...

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- When will get to go on vacation?
- Will I or someone I know die if we get sick?

Accept the uncertainty. Many can tend to go to worst case scenarios. Glass is half-empty.

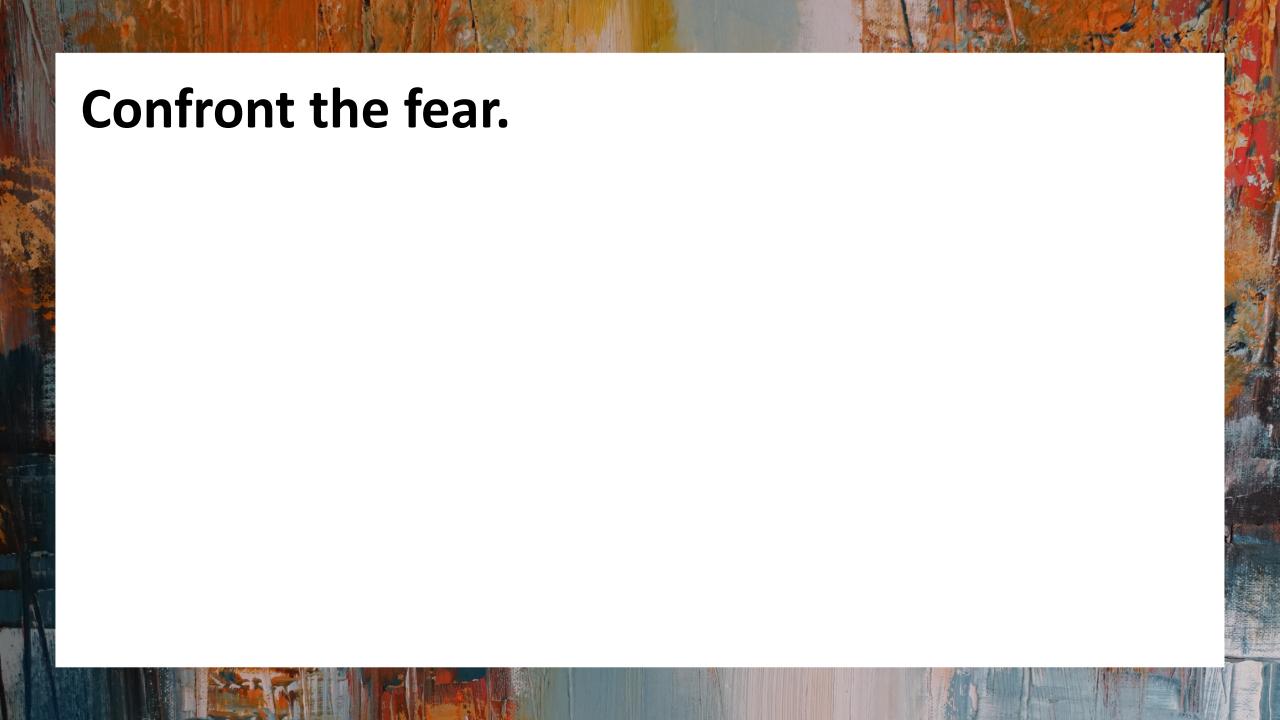
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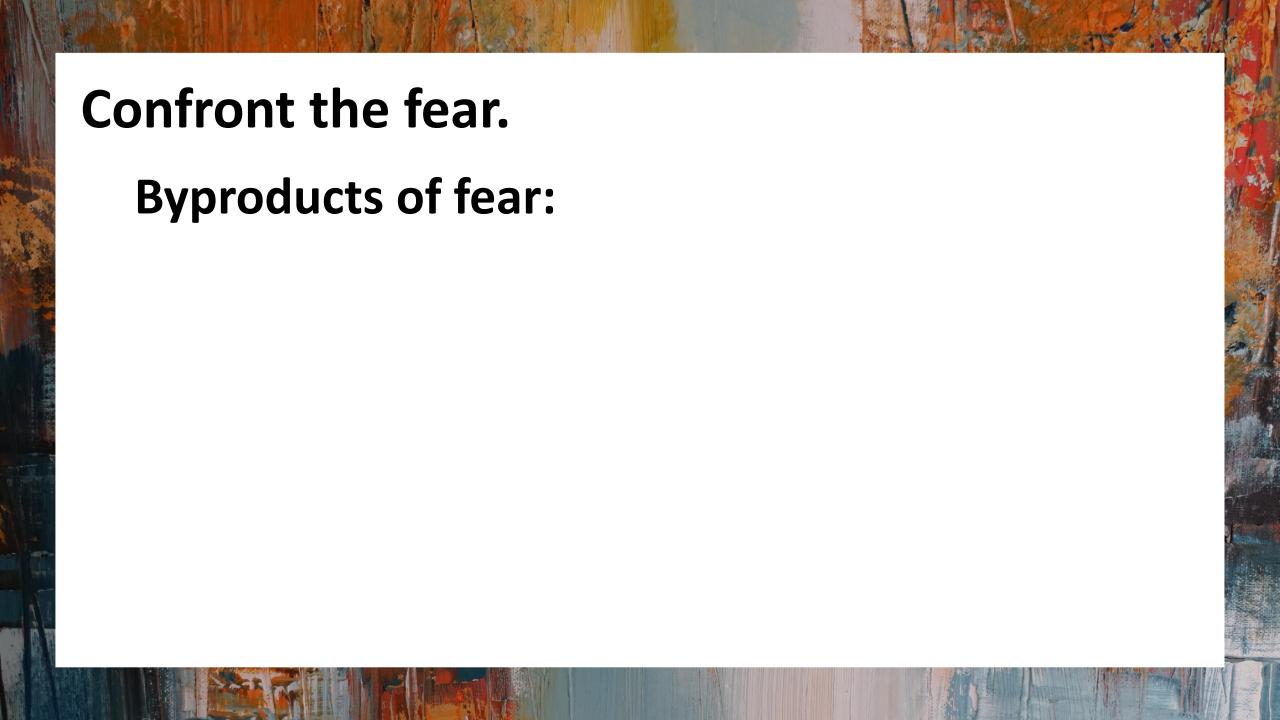
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Make a list.





Byproducts of fear:

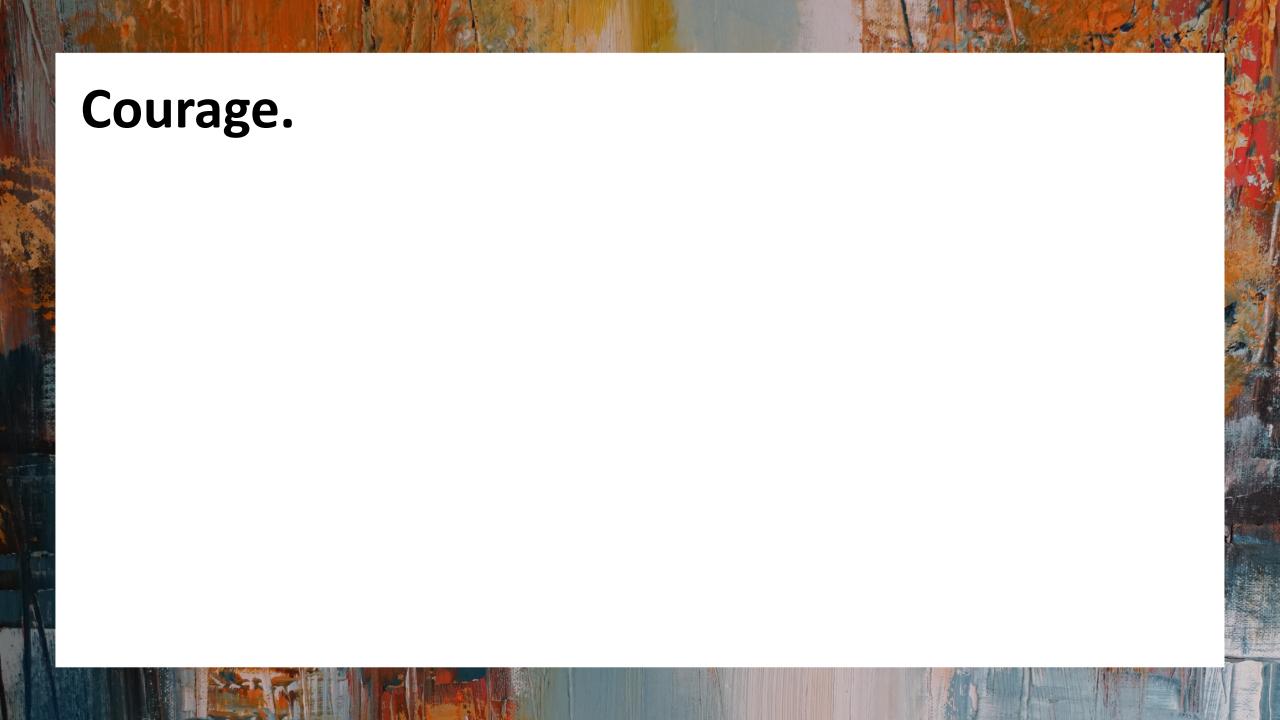
Physical distress

- Physical distress
- Emotional trauma

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Courage.

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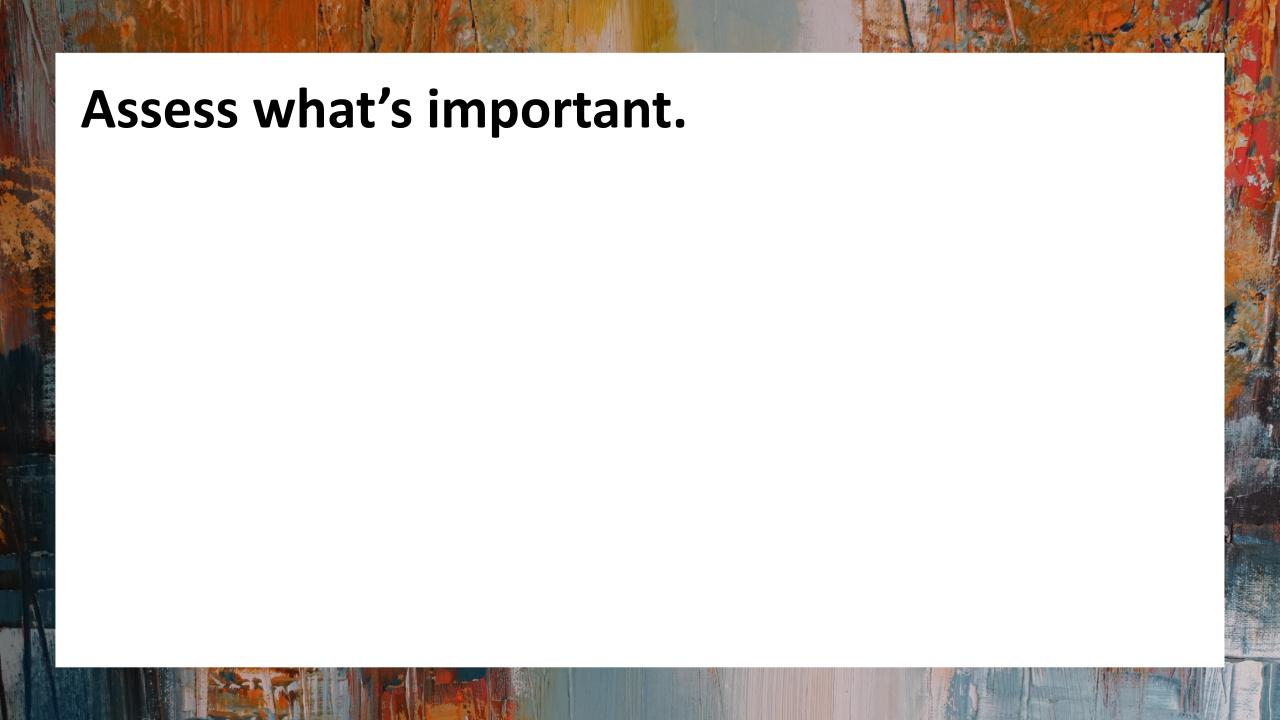
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"There is no fear in love, but perfect love casts out fear."
- John the Apostle

Byproducts of fear:

- Physical distress
- Emotional trauma
- Anxiety
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- Paralysis

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Assess what's important. What's essential?

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A lot less than we thought 2 months ago.

Shelter

What's essential?

- Shelter
- Food and Water

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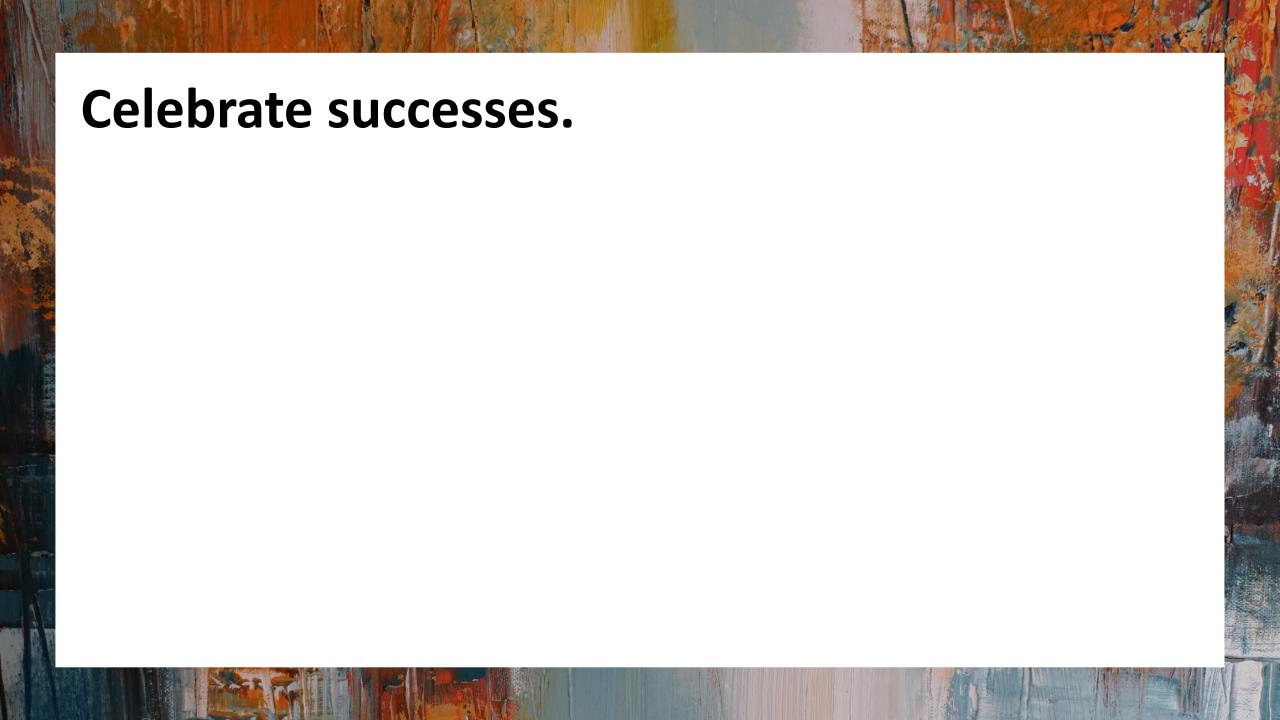
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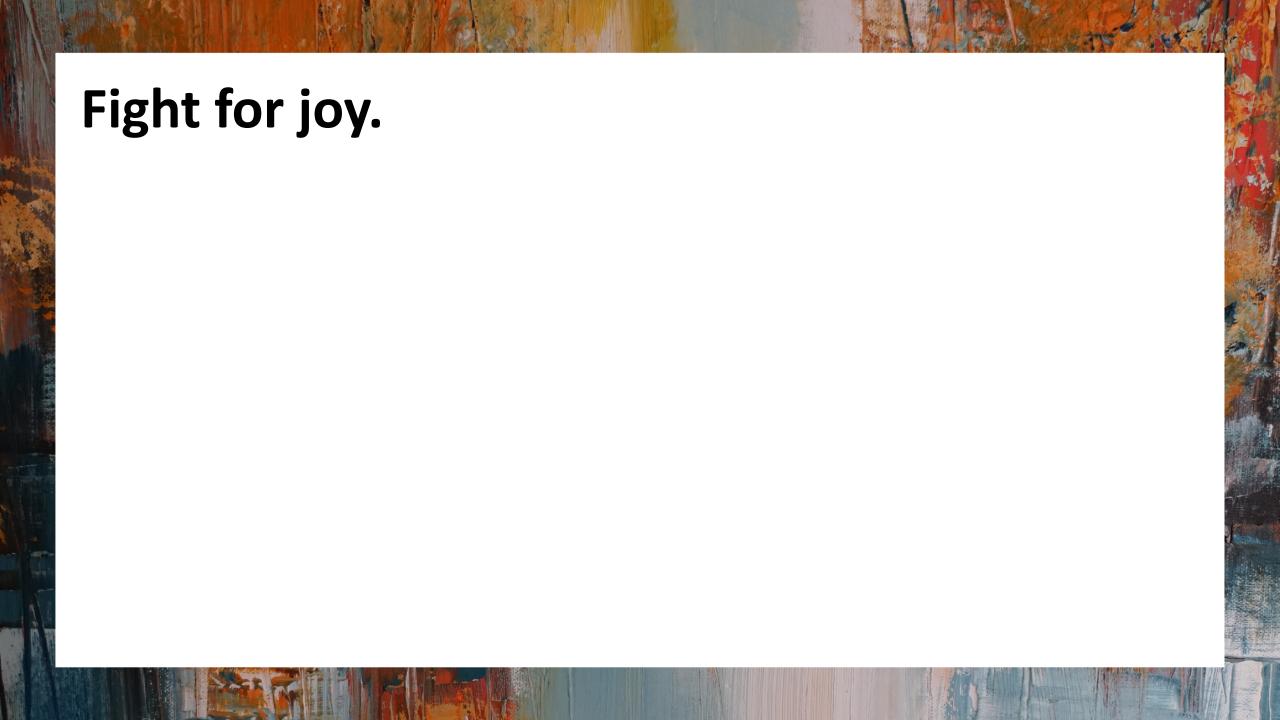
Celebrate successes. Medical advancements

- Medical advancements
- Broad Innovations

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- Connections through technology

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- Connections through technology
- Family time
- Personal time



Fight for joy. Recognize:



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- Fight for more joy in Jesus