

## COVID-19: Successfully Riding the Emotional Waves of Change and Loss

a presentation by Dr. Rachel Toledano, Apr. 30, 2020

### Summary:

The COVID-19 global pandemic has affected people of all ages in all aspects of their lives, including professionally, socially, emotionally, and spiritually.

### References:

1. Bridges, W. (1991). *Managing transitions: Making the most of change*. Reading, Mass: Addison-Wesley.
2. Duxbury, L., & Higgins, C.C. (2012). 2012 National Study on Balancing Work and Caregiving in Canada.
3. Hiatt, J. M. (2006). *Adkar: a model for change in business, government, and our community*. Loveland: Prosci Learning Center Publications.

### Readings:

1. The Courage to Grieve: The Classic Guide to Creative Living, Recovery, and Growth through Grief by Judy Tatelbaum
2. The Grief Club: The Secret to Getting Through All Kinds of Change by Melody Beattie
3. Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg and Adam Grant
4. Seven Choices: Finding Daylight after Loss Shatters your World by Elizabeth Harper Neeld
5. On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss by David Kessler and Elisabeth Kubler-Ross
6. Finding Meaning: The Sixth Stage of Grief by David Kessler
7. A Man's Search for Meaning by Viktor Frankl

8. Mind over Mood by David Burns
9. The Feeling Good Handbook by David Burns
10. Own your Anxiety by Julian Brass

**Useful Apps and Links:**

Pranayama

Sleep Hypnosis

Calm

<https://www.youtube.com/watch?v=11U0h0DPu7k> (the three components of compassion: just over six minutes)

(Kristin Neff is an advocate of self-compassion: self-kindness, common humanity, mindfulness.)

Action Plans in the book ROADMAP TO RESILIENCE available online for FREE. The Action Plans which provide various ways to bolster resilience are all available in APPENDIX A and APPENDIX B. Also includes an ADDENDUM of specific ways to cope with the COVID-19 pandemic.

These were written by Dr. Donald Meichenbaum, Research Director of the Melissa Institute for Violence Prevention.