

## Wagner College Sharing Circle

### June Dates

Tuesday 2, 9, 16, 23 @ 2pm  
Thursdays 4, 11, 18, 25 @ 6pm

*Join us for a 4 week summer seminar relating to grief, stress, fear, and resources for navigating COVID.*

**Week #1: Defining grief during COVID 19:** Whether or not you're familiar with the Kubler Ross Model of grief, the power lies in the "acceptance stage." *What can you do?* Simply put, you must allow yourself to experience the denial, bargaining, sadness, and anger Ross so vehemently stressed in her studies. Ultimately harnessing the power of acceptance is the key to managing emotional stress relating to COVID 19. *What does that look like?* Let's talk about it

**Week #2: Halting Negative Grief Speak:** Anticipatory grief is the mind going to the future and imagining the worst. Our minds may race with thoughts of defeatist words and images related to COVID. We call this "negative grief speak." By using mindfulness, we can bring ourselves back into the present. *You're okay. We're okay.* Focus on the now and let go of what you can't control. We will teach you how.

**Week #3: Uncertainty, Stress, and Fear in the age of COVID19:** For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. Over the last few weeks, we've seen some major changes in society. We don't know what life will look like when we return to work or school and that makes it all too easy to catastrophize into overwhelming dread and panic. But there are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears. Let's brainstorm ways to lower our stress levels as part of the Wagner community.

**Week #4: Confronting Open-Endedness & Resources:** The most fearful component of COVID 19 remains this pandemic is so open-ended. We have yet to determine when the world will return to the state of normalcy that we once remembered. History has taught us pandemics are survivable. We should overprotect, but we should not overreact. Local community resources will be provided to promote health and wellness as well as to inspire potential civic engagement.