

Duck or bunny?

am•big•u•ous

doubtful, uncertain,
unclear in meaning

Ambiguous Grief- a loss that occurs without closure or a clear understanding

We are all **experiencing ambiguous grief** while our nation, our world, experiences the Corona-COVID-19 pandemic.



Ambiguous grief is **loss**, loss that isn't truly recognized, loss that can't always be fully expressed or understood. It might be the loss of an opportunity, the loss of normalcy, the uncertainty of when this will all end, the loss of feeling safe; it's all this and more.

Therefore, we must be gentle and kind to ourselves and others, **for we are all grieving.**

What helps? Therapist Melissa Lunardin, M.A., MBA, owner of Tribal Grief, LLC recommends the acronym C.A.L.M. to help us cope.

C Cognitive Distortions need to be stopped! This involves patterns of negative and irrational thinking when one catastrophizes one's circumstances, disqualifying the positive. It tends to involve "all or nothing" type thinking. Cognitive distortion is taking one's feelings and using them as fact. We need to recognize this distortion, name it, and then tame it by gaining some perspective and seeing a bigger picture.

A Affirm, Adapt, Ascend. We will want to affirm our past successes and harness the skills we gained from previous challenges. We want to adapt to the new scenario and equip ourselves with tools to better manage new circumstances. For example, learning how to use Zoom, a digital platform that allows people to see and hear one another, might be really helpful when wanting to stay in touch with others during this time of social distancing. We also want to ascend above the chaos. Learn to recognize that this will be a rocky time and rise above the limitations; in other words, find the silver lining.

L Lean into learning and love. We need to seek opportunities to express our love. Keeping a gratitude journal, or volunteering for an organization are just a few examples of how we might spread love. Embrace the new learning that might be required of you or the time to explore interests.

M Master Mindfulness. This involves keeping one's mind where one's body is. In other words, be present, be in the moment here and now instead of worrying about yesterday or tomorrow. Guided breathing exercises, yoga, silent sitting, and nature walks can all be part of your mindful moments which can be rejuvenating and uplifting.

A gratitude activity for the whole family:

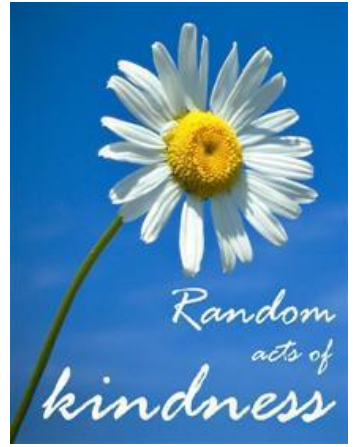


Kindness Clips!

Looking for something to do? How about decorating some inexpensive clothespins, sharing an inspirational quote and giving it to someone who might really need a lift? Healthcare professionals, police and fire, teachers, daycare providers,

truckers, grocery store employees, local restaurants, and more are all helping to keep our world going.

Let's show some gratitude for all they are providing!



Inspirational Quotes to print and cut:

<p>“Perseverance is the hard work you do after you get tired of doing the hard work you’ve already done.” –Newt Gingrich</p>	<p>We appreciate your dedication and tireless service. You are an inspiration!</p> <p>A Random Act of Kindness from your friends at Kyle's Komer. www.kyleskorer.org</p>	<p>“At the end of the day all you need is hope and strength: HOPE that it will get better and STRENGTH to hold on until it does.” –Author Unknown</p>	<p>We appreciate your dedication and tireless service. You are an inspiration!</p> <p>A Random Act of Kindness from your friends at Kyle's Komer. www.kyleskorer.org</p>
<p>“Be strong now for things will get better; it might be stormy now, but it can't rain forever.” –Author Unknown</p>	<p>We appreciate your dedication and tireless service. You are an inspiration!</p> <p>A Random Act of Kindness from your friends at Kyle's Komer. www.kyleskorer.org</p>	<p>“Take pride in how far you’ve come and have faith in how far you can go.”</p> <p>–Author Unknown</p>	<p>We appreciate your dedication and tireless service. You are an inspiration!</p> <p>A Random Act of Kindness from your friends at Kyle's Komer. www.kyleskorer.org</p>
<p>“Start by doing what is necessary; then do what is possible, and suddenly you are doing the impossible.”</p> <p>–Frances of Assisi</p>	<p>We appreciate your dedication and tireless service. You are an inspiration!</p> <p>A Random Act of Kindness from your friends at Kyle's Komer. www.kyleskorer.org</p>	<p>“Do what you can with what you have, where you are at.”</p> <p>–Theodore Roosevelt</p>	<p>We appreciate your dedication and tireless service. You are an inspiration!</p> <p>A Random Act of Kindness from your friends at Kyle's Komer. www.kyleskorer.org</p>

