



Processing Big Changes: Grief and Loss During COVID-19

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B4Stage4



Processing Big Changes: **How to Cope with Grief and Loss** **During Covid-19**

Bianca Bee & Dan Pierce

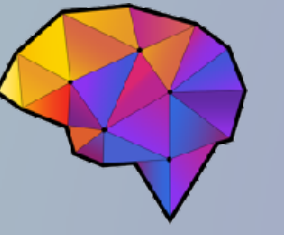
Founders of Mentally Fit



About *Us*

Bianca and Dan are the co-founders of Mentally Fit,
a community of thousands of people sharing
education, resources and support worldwide.





Why is change hard?

“When you change, it actually activates the conflict sensors in the brain and this causes brain chaos that we call cognitive dissonance, this activation of the conflict sensor becomes stressful to people.”

– Dr. Srini Pillay





Check-in *with yourself*

01.

SET DAILY REMINDERS

02.

LISTEN TO YOUR BODY

03.

USE JOURNALING AS A TOOL





Focus on what you *CAN* control

01.

TAKE CONTROL OVER HOW YOU
REACT AND/OR RESPOND

02.

ACKNOWLEDGE AND TUNE INTO
THE GOOD

03.

MAKE PLANS YOU CAN LOOK
FORWARD TO





Maintain *self-care* practice

01.

MEET YOURSELF
WHERE YOU'RE AT

02.

START WITH ONE KEY HABIT

03.

SET DAILY REMINDERS





Connect *with community*

01.

FIND AND CONNECT WITH
LIKE-MINDED CREATORS

02.

FIND AN ACCOUNTABILITY
PARTNER

03.

CONNECT WITH MENTAL HEALTH
COMMUNITIES





Thank *You.*

If you need mental health support and resources, please visit www.joinmentallyfit.com or email hello@joinmentallyfit.com