Processing Big Changes: Grief and Loss During COVID-19

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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