**Reviewing My Losses**

As humans, loss is something we all experience. One way to make sense of this is to look at a number of different types of loss. Look over the beginning list of 42 losses that could be related to the pandemic. Then, place an X in the box next to each loss that you have experienced as a result of the pandemic during 2020-2021:

|  |  |
| --- | --- |
| Loss of the world as I knew it | Loss of finances |
| Loss of touch—handshakes, hugs, kisses | Loss of job |
| Loss of face-to-face activities and communication | Loss of safety |
| Loss of freedom to go where I want | Loss of time |
| Loss of shopping experiences | Loss of sleep |
| Loss of eating out, going to the theatre | Loss of appetite |
| Loss of going to the park or entertainment center | Loss of my business |
| Loss of general interaction with family members | Loss of innocence |
| Loss of ability to celebrate important events | Loss of job location |
| Loss of loved one’s health to Covid-related disability | Loss of trust in the government |
| Loss of a feeling of community | Loss of energy |
| Loss of a friend or acquaintance to a Covid death | Loss of my spiritual beliefs |
| Loss of faith in my fellow human beings | Loss of a personal goal |
| Loss of personal contact with my health care provider | Loss of my daily routine |
| Loss of life on a global scale | Loss of learning opportunities |
| Loss of educational location | Loss of my home |
| Loss of religious/spiritual gatherings | Loss of food availability |
| Loss of trust in the health care system | Loss of ability to concentrate |
| Loss of my health as a result of Covid | Loss of previous support |
| Loss of loved one to a Covid death | Loss of sports activities |
| Loss of my personal health | Loss of hope for the future |

1. Next, look at your selected losses and choose the five most important losses for you. Write them here:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What grief reactions have you had to these losses, such as: sadness, anger, guilt, anxiety, worry, fatigue, headaches, helplessness?
2. What are effective ways that you have coped with the losses?
3. In looking back at the past year and a half, what can you say that you have gained or learned during the time of Covid-19?
4. As you continue with life, what lessons will you take with you?

-Bob Baugher, Psych Dept-

-Highline College-

**7/19/21 *Leading with Love* Discussion Group**

**What a Group of Highline Folks Gained from the Covid Experience**

1. A more holistic view of the world.
2. I lost needless shopping experiences and now focus more on shopping for survival needs food, medicine, supplies.
3. Loss of time but definitely gained knowledge to prepare for the future
4. I found how much Highline College campus means to me. I really missed being around everyone on a daily basis even though I may not have talked to everyone on a daily basis I just missed their positive energy!
5. I learned we have to focus on those who are truly loved & important in our lives.
6. I have stopped watching any news. And I eat a lot of pie.
7. I found out how selfish I was before the pandemic and now have a new birth of care and love for others including those I do not know.
8. Less traffic or no traffic was weird but awesome.
9. I learned that patience is needed but hard to adjust to.
10. I took a chance, went out, and found love!
11. I found time to do things without the daily pressures=less stress.
12. I found time to be creative on canvas - NOT CANVAS!
13. Students that refused to embrace online now like it and want to stay in online or hybrid courses... so maybe a flex schedule in their future.
14. I Learned how to restore (sandblast old items—mopeds in particular) to close to new-looking condition after painting, fun but time consuming, but entertaining
15. I gained time to focus on myself.
16. More Time with my Kids
17. I gained the ability for Creative Pursuits.
18. I found that I can be around my wife 24 hours a day and realize she doesn’t look forward to me leaving each day come fall quarter.
19. I found time to write more than I have in a long time.
20. I learned to Communicate in new ways
21. I found out that I could really figure out work-arounds for many if not most of the problems I came across.
22. I gave myself permission to read for personal pleasure -- nothing I had to really concentrate on or remember for a higher reason. Read for enjoyment.
23. I've gained: greater appreciation for and closeness with supportive friends, new technology skills, also gained weight.
24. I gained: grace, patience.
25. I found more understanding.
26. I found (again) how lovely it is to be here with all of you.