



Emotions Need Motion

The discomfort we are feeling during this COVID-19 crisis is grief. Grief expert, David Kessler, suggests that we name the emotion, feel it and let it move through us.

Here are some other wise words from his Harvard Business Review article:

- You might be feeling anticipatory grief. That's the feeling when the future feels uncertain. (also known as anxiety)
- Understand the stages of grief: denial, anger, bargaining, depression, acceptance and now, meaning
- Practice techniques to reduce anxiety:
 - Try to find balance in your thinking
 - Pull yourself back into the present and breathe
 - Let go of what you can't control
 - Stock up on compassion
- Name the feeling, feel it and let it go

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