

**NATIONAL**  
**COVID-19 DAY**

# JOURNEY FROM GRIEF TO HOPE

**28 Days to Finding a New Normal  
in an Abnormal World**

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# Introduction

No part of the United States society has escaped the reach of the COVID-19 pandemic. From overwhelmed intensive care units to work-at-home parents trying to educate their children, everyone has been under strain.

With the one-year anniversary of COVID-19 being declared a pandemic by the World Health Organization upon us and over 500,000 pandemic related deaths in the United States, our country is struggling with loss and grief.

To help others struggling with how to cope with COVID-19 grief, anxiety, and stress we've developed this resource around 28 days' worth of evidence-informed tips to help you cope. Each day, you will find a new strategy to try based on what we've learned from studying and helping others amidst disasters and crises across the globe.

For more resources on journey from grief to hope check out our website [nationalcovid19day.com](https://nationalcovid19day.com) where you'll find more free tools to help you and your loved ones through the pandemic.

# Day 1

**Remember that there is no one way to cope with COVID-19**

We all cope with change, and stress, and COVID-19 differently. One person might need quiet time, away from others, to recharge her battery. Another, having missed out on relationships during the pandemic, might need to add more video calls with their friends to their calendar each week.

Notice what healthy ways you use to cope with stress in the past. When we don't need to use the healthy coping skills we've developed over the course of our life, we tend to stop using those skills. There are a lot of different reasons that explain why this occurs, like feeling so overwhelmed we don't know where to start; having limited options for exercising those skills; and recognizing that what worked in the past just isn't enough to help in the present. However, it's important to remember to keep trying and keep being creative until you discover what works for you.

## Application

What are some healthy ways you've coped with stress in the past that you could use to help you cope with COVID-19?

## Day 2

**Try doing something that brought you enjoyment before COVID-19 got in the way**

Research suggests that when we focus on what brings us happiness, we actually feel better, improve our health, and live longer!<sup>1</sup> Do you remember what it was that brought you enjoyment before COVID-19? Maybe you missed getting together with a friend for coffee every Friday morning. Or maybe when the pandemic hit you stopped walking the mall with another retiree from your church. Many of the activities that were once life-giving may have gotten eliminated or modified during that difficult season.

To flourish in a post-pandemic world, choose to have a cheerful heart by returning to what brought you joy before everything went sideways. Reschedule those coffee dates. Get back to regular walking. Hit the craft store and restart your favorite hobby. You embrace flourishing by choosing to embrace what was life-giving before the pandemic began.

### Application

What is one thing you will do this week purely for the sake of enjoyment? Whether it's spending time with a person you love, visiting a place you love, or engaging in an activity you love, how will you embrace joy this week?

<sup>1</sup> <https://www.health.harvard.edu/healthbeat/the-happiness-health-connection>

## Day 3

### Be creative in identifying and trying out new ways of coping with COVID-19 stress

There's no one right way to cope with the stress and after-effects of COVID-19. What works for one person might not work for another. One finds stress-relief while jogging a few miles before work, while another experiences relief when swinging a hammer in a woodshop. Someone relieves stress by trying new recipes or picking up an old hobby, while another finds relief by scheduling regular walking dates with a close friend.

Be creative in identifying and trying out new ways to cope with stress in the wake of COVID-19. Embrace the strategies that have worked for you in the past, but consider experimenting with new ones. Find a new way to exercise. Try out a new hobby. Seek out new relationships. If you're particularly afflicted, you might even consider scheduling an appointment with a therapeutic professional. Be creative and find what works for you. There's no one right way to manage stress.

#### Application

What is one "old standby" that usually helps you find balance when you're stressed? And what is one new technique you'd consider implementing?

## Day 4

### Don't be afraid to ask a professional for help with COVID-19 stress and anxiety

In the midst of COVID-19, 18-year-old Steven applied to college and was accepted at a school two hours from home. When his parents dropped him off in the fall, he lived two weeks in the dorms before they were shut down for safety. With his roommate Steven found an apartment to rent for the rest of the school year where he would learn remotely. But, of course, the experience was nothing like what he would have enjoyed just a year earlier. He didn't have the opportunity to be in classrooms or cafeterias. He wasn't able to meet and make new friends. His girlfriend was at a college across the country. And, even though he didn't admit it, he missed his family.

Over Christmas break, Steven's parents could see that he was struggling. They knew that he'd suffered from depression in high school, but hadn't been willing to see a therapist. But after his first semester of college, Steven knew he needed help. He began talking to a therapist online and eventually began to notice the ways it was helping him. If you need a little extra support, don't hesitate to seek help from a professional.

#### Application

Have you sought any professional assistance for mental health issues during or after the pandemic? If you needed to reach out, do you know who you might call?

## Day 5

### Ask others you trust how they have coped with COVID-19 stress

COVID-19 caused a lot of people around the world to feel lonely. Work friends were cut off from their colleagues. Students were separated from their classmates. Grandparents were cut off from grandchildren. The virus separated people who were designed to thrive in community and relationship!

But we found solutions, didn't we? A lot of us became adept at video calls to maintain our professional and personal relationships. We learned how to stay connected to our people. We encourage you to continue to lean on those people. Specifically: Ask those you trust how they have coped with COVID-19 stress. Give your mom a call. Ask your pastor. Check in with your college roommate. You are likely to discover some new stress-busters and it's also likely that you will encourage others with your interest and care.

#### Application

After you've sought out ideas from others about how they have coped with COVID-19 stress, what's one strategy that you plan to implement this week?



## Day 6

### Breathe through post-COVID-19 stress by inhaling and exhaling slowly and deeply

We can receive physical comfort from our anxiety through intentional physical breathing. Deep breathing, also called diaphragmatic breathing, is a sure-fire method for managing your body's response to anxiety and stress. Anxiety and stress attack your nervous system and send you into a "fight, flight, or freeze" response that wears down your body.

Navy SEALs are trained in "box breathing" to help them calm their minds and bodies when under stress. To "box breathe," inhale slowly for four seconds, holding your lungs full of air for four seconds. Then exhale for four seconds, and hold your lungs empty for four seconds. With a little practice, this method can be effective in slowing down a stress response.

#### Application

Practice box breathing when you feel yourself becoming anxious or stressed.

## Day 7

### Escape COVID-19 anxiety by activating your imagination

As you continue to live with the after-effects of COVID-19—physically, emotionally, spiritually—you can use your imagination for good. You do that when you pray or meditate. Another way to utilize your imagination is to close your eyes and imagine yourself being somewhere that is meaningful to you.

Maybe you picture yourself in the loving embrace of the grandmother who loved you throughout your childhood. Maybe you remember a particular vacation with friends where you felt deep joy and connection. Through your imagination, you can transport yourself to a favorite spot in nature that brings you peace. Using your imagination is one healthy way to escape from post-pandemic anxiety.

#### Application

When you pause to transport yourself mentally to a good and meaningful place, what comes to mind? In what setting do you see yourself at peace?

# Day 8

**Reflect on times when you've struggled with pain but emerged as a stronger person**

When in your life have you faced pain and suffering and emerged stronger? Perhaps you faced an illness you never would have chosen, but developed a strength of character you wouldn't have possessed otherwise. You may have weathered an unwanted and unexpected divorce, and yet in the wake of that storm you discovered your own inherent and undeniable value.

Or maybe the devastating loss of a job caused you to pivot and discover resources and strengths you didn't even know you had. If you've suffered during COVID-19, think about how your former sufferings have made you stronger.

## Application

What is one obstacle from the past that you have endured? And after you weathered it, how were you stronger?

## Day 9

### Push through COVID-19 stress by trying to stick with regular routines

Have you ever had to stay up all night? Maybe you had to finish a term paper or complete a time-sensitive project at work. At some point during that long night, you likely realized and appreciated why human bodies were designed to need routine. We were made to thrive with a healthy rhythm of wakefulness and sleep. There's something comforting in life routines including mundane day to day activities. Having regular routines that provide stability and provision is life-giving.

COVID-19 has left our lives feeling chaotic and turned upside down. But it's important to make space to do some of the things we once enjoyed doing. After Hurricane Katrina, one woman with limited physical endurance switched up her running routine with a friend to create a regular weekly walk together. A man who enjoyed carving used fallen tree limbs to continue his hobby. Someone else found a way to keep a regular coffee date with her sister. Doing what you love keeps you grounded during COVID-19. Though socially distancing can complicate our ability to connect with others and may require we adapt activities, as best as you can, try and stick with regular routines.

#### Application

COVID-19 disrupted the regular routines for many. Today, how can you choose to nurture a regular routine, even a new one, to minimize stress?

## Day 10

### Accept difficult COVID-19 challenges by picturing the pain washing over and past yourself

Have you ever stared at one of those optical illusion posters? When you fix your gaze on a particular spot of the design, looking long and hard, another image is supposed to emerge. When we set our eyes on what is around us, we see one way: we fixate on social unrest that makes us feel anxious, or we pour over daily virus updates, or we perseverate on risk and danger. But there is another way to see. Rather than focusing on the challenges we are facing, we can use our imagination to see another reality.

As you recall the pain and hardship you experienced during COVID-19, you don't need to stay stuck there. Call those troubles to mind and then, with the eyes of your imagination, see them washing over and past you.

#### Application

What was the pain or difficulty that felt like it kept you stuck during COVID-19 that you can release this week?

## Day 11

### Grieve COVID-19 losses by releasing the emotions holding you down

If you've ever felt fear, anxiety, stress, or worry, you already know that nothing helps less than somebody telling you to not feel what you're feeling. That's just not how human beings have been wired to operate. And, in fact, the converse is actually more true!

When we resist our negative emotions, they stay. Yet when we allow ourselves to experience the feelings we fear will overwhelm us, that is when their grip on us loosens. As you grieve the losses and disappointments you endured during COVID-19, give yourself permission to notice those feelings, allow them, and then let them wash over you. You may be surprised by the relief you feel!

#### Application

As you consider the losses and disappointment you endured as a result of COVID-19, have you been more likely to resist your feelings or allow them? When you do choose to allow them, do you notice how they release their grip on you?

## Day 12

### Practice mindfulness when COVID-19 starts to overwhelm

Geri was a grad student studying social sciences. During COVID-19 she shifted from in-person learning to remote learning. She lived alone in a one-bedroom apartment. Her family lived a thousand miles away. She didn't even have an opportunity to engage with other students. She began to notice herself sinking emotionally. At the suggestion of a roommate from college, Geri began practicing mindfulness. When she noticed the weight of depression, Geri would take time out from her studies to practice a mental meditation exercise in which, without judgement, she simply noticed what she was sensing and feeling in the moment. Focusing on her breathing, and sometimes using guided imagery, Geri noticed her stress levels decreasing.

Mindfulness involves paying attention to and accepting your feelings, thoughts, and sensations. Mindfulness is a way of thinking and focusing that can help you become more aware of your present experiences. Mindfulness involves paying attention to the feelings and sensations of these experiences. For example, focusing on the inhale and exhale of your breathing is one way to concentrate on the present moment. Mindfulness involves allowing your thoughts and feelings to pass without either clinging to them or pushing them away. You just let them take their natural course. While practicing mindfulness, you may become distracted by your thoughts and that is okay. The process is about being willing to notice where your thoughts take you, and then bringing your attention back to the present. But when we pause to practice mindfulness, we choose to focus our attention on things above. As we learn to take charge of where our mind wanders, we can find relief.

#### Application

What's something you are holding onto that's causing you anxiety or stress that you can't control that you could let go of by practicing mindfulness?

# Day 13

## Practice mindfulness when COVID-19 starts to overwhelm

Research shows that the benefits of writing in a journal include improved mindfulness, memory, and communication skills. More benefits also include more self-confidence and a higher I.Q.!<sup>2</sup>

Whether you're carrying lingering trauma and stress from COVID-19; worrying about a situation at work; enduring the journey of online dating; or having concerns about family members, journaling can help. Next time you begin to feel stressed or anxious, write what you are thinking and feeling in a journal. You may find your stress decrease just by writing it out.

### Application

Take five minutes to journal about how you are feeling today. Just write down what is on your mind. This can be a physical journal or a document on your computer, whichever you are comfortable with.

<sup>2</sup> <https://www.nytimes.com/2018/10/25/style/journaling-benefits.html>



## Day 14

### Listen to music or sing a song to yourself that helps you soothe anxiety related to COVID-19

The power of music is amazing. We use it to usher in birthday celebrations. We use it to play and dance. We use it to worship in many faith traditions. Music also has a remarkable therapeutic power. Research shows that music therapy can decrease a person's perception of pain, help relieve depression, improve quality of life, and even reduce how much pain medication is needed. How will you embrace the healing power of music this week? Consider these tips:

- Sing a song that brought you joy when you were a child
- Turn on a jazz or classical radio station to accompany you while you work
- Crank up the oldies and start dancing
- Listen to your favorite praise and worship songs as you drive to work

Our bodies have been designed to respond to music and we can harness the beautiful power and gift of music to soothe our anxiety related to COVID-19.

#### Application

What type of music makes you feel content? Is there a particular artist or style that lifts your mood?

## Day 15

### Find a progressive muscle relaxation script online to cope with COVID-19 stress

One technique that's been proven to reduce stress in the human body is called progressive muscle relaxation. As participants tense and relax each muscle, the exercise is proven to reduce stress and anxiety.

A typical script, a written guide that leads you through the exercise, likely will invite you to begin by taking a deep breath, noticing it, and releasing it. When you exhale, you imagine tension leaving your body. After paying attention to your breathing, you focus on various parts of your body, tensing and then releasing. As you practice these techniques, you are likely to feel better as you release the stress you might not even realize you've been carrying.

#### Application

Where in your body do you carry stress? Find a progressive muscle relaxation script online to release your tension and stress.

## Day 16

### Get adequate rest, exercise, and nutrition

One of the reasons COVID-19 has been so difficult to cope with is because it is more like a marathon than a sprint. If you are going to finish the race, you are going to have to make sure there's enough gas in the tank to reach the finish line. If COVID-19 has left you feeling depleted, you're not alone. Thankfully, some basic health living practices can go a long way in improving our well-being.

In every season and situation, three physical practices support good mental health: getting adequate rest, exercise, and nutrition. Staying up past midnight because you're glued to the news? Turn off the screen at 10 p.m. and read something you enjoy before bedtime. While it can be healthy to engage in making a difference, don't neglect getting the exercise your body needs. And while picking up drive-through or takeout meals can seem a bit easier than masking up and going to the grocery store, find a way to ensure that your body is getting the balanced nutrition it needs during this stressful season.

#### Application

What are your thoughts, feelings, and physical sensations trying to tell you? What is one small thing you could change about your rest, exercise, and/or nutrition routine that might make you feel better?

## Day 17

### Read inspiring stories of others who have navigated COVID-19

During this past year, it felt hazardous to look at the news each day. Peeking at the headlines put us at risk for discovering more bad news. A deadly virus crept around the globe. An unarmed black man was murdered in the street. Contentious elections dragged on too long. A new strain of the virus was discovered. A doctor died of COVID-19. For one long difficult year, we were barraged by awful traumatic news.

But if we were lucky, we found the other stories, too. We learned that over 40 employees lived at a manufacturing plant in Pennsylvania for more than 28 days in order to produce needed protective equipment. Healthcare workers in San Diego taped pictures of themselves to their protective gear to comfort patients. Ukrainian doctors flew to Italy to help combat the rapid spread of the virus there. Reading these types of inspiring stories can help lift our spirits.

#### Application

What heartwarming story of those who navigated COVID-19 well will you remember? Which ones did you share with others?

## Day 18

**If COVID-19  
limits your  
accomplishments,  
set new more  
attainable  
expectations**

As in any other season, dreamers around the country were preparing to open businesses just as the pandemic hit. Restaurant menus were being printed, store shelves were being stocked, and employees were being hired. And, then everything changed, didn't it? The big dreams that many of us had for our futures had to shift. We had to adjust. We had to reconfigure.

Did COVID-19 squash any of the plans you had for your future? Were there goals you'd set for yourself that suddenly seemed unattainable? Be gentle with yourself and recalibrate. Just like the new restaurant owners who threw up tents and put out heaters in cooler climates, it may be time to adjust your expectations for what you'll accomplish next.

### Application

If COVID-19 limited your accomplishments or goals, in what way will you readjust to establish more attainable goals?

## Day 19

**It's okay to  
acknowledge  
that life may  
not go back to  
"normal" after  
COVID-19**

Most people could never have imagined the path that life would take after the first reported cases of COVID-19 were announced. You couldn't have known that you would live through one of the worst pandemics in history. However, if you are like most people, you are probably experiencing a longing to return to a life that was previously "normal."

What we've learned, though, and what other disaster survivors with whom we've worked with over the years have discovered, is that life might not go back to "normal." There's a way in which the disasters and traumas and challenges we endure do change us. And we aren't served by staying stuck wishing that things were other than they are. But when we acknowledge that we're living with a "new normal," we can move forward with hope and confidence by taking steps to live in the now rather than waiting for "normal."

### Application

What is something you could start doing now that would help you live a more productive life rather than holding out for life to return to the way it was prior to COVID-19?

## Day 20

### Limit media exposure that might be intensifying COVID-19 anxiety

Whether we realize it or not, all of us carry around what we've downloaded into our heads. We have access to news and information 24/7. What we can read, see, and listen to is limitless. While it's good to be informed, it's also good to pay attention to what we are consuming. When we feed on news stories about rising death tolls and contentious national politics, as well as see videos of horrific injustices, we carry them with us.

If you've been negatively affected by what you've been seeing in the news, limit your media exposure to promote better health and flourishing. Limit your consumption of daily news to stay emotionally healthy. It's okay to be informed and to follow news stories, but make sure you are getting your news from reliable sources. And be aware that too much media exposure can increase distress. Consider taking a break or talking with a close friend or others close to what happened rather than trying to find closure in the news. The important things will be in the news tomorrow, too.

#### Application

Are there some media-watching habits that are doing more harm than good in your life?

## Day 21

### Learn about something new to help you cope with COVID-19 stress

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#### Application

Are there some media-watching habits that are doing more harm than good in your life?



## Day 22

### Care for caregivers who are also going through pain because of COVID-19

Throughout the COVID-19 pandemic those who have largely been centered have been those who've contracted the virus. We might bring them groceries if they're quarantining, or their family members request prayer on Facebook, or, in the worst cases, we are grieving the loss of them. Naturally, patients have been the center of our attention.

But it's important to notice the condition of the many who are offering care in this season and to support them. When so many have the luxury of working from home doctors are dropping their kids at childcare in order to care for the sick and dying. Nurses are knowingly in close proximity to the virus as they care for the weak. And while the patients are rightly our concern, we also need to be caring for caregivers. Can you send a nurse a gift card to her favorite takeout restaurant? Can you write a note to thank a doctor for all she's doing? Let a caregiver know, "I see you helping others and I'm grateful."

#### Application

Who is one caregiver you know who might need extra support in this season?

## Day 23

### Serve others who are struggling with COVID-19

During the last 12 months, many of us have felt vulnerable. We quickly discovered that the virus did not discriminate between rich and poor or between black, white or brown. But there were groups of people who were hit particularly hard. The elderly and those with medical conditions were at greater risk physically and those who were already vulnerable financially were placed at a higher risk of insecurity.

A church in Durham, North Carolina, Iglesia Emanuel Presbyteriana, had already been feeding the poor through weekly suppers and food distribution to families of all ethnicities throughout their city. When COVID-19 hit, this humble congregation organized to continue to serve their community. Drawing in volunteers from other local Presbyterian congregations, they worked countless hours to provide as many as 500 families with weekly groceries. Week after week. Month after month. And those who served with them, doing what was just and was right, experienced the palpable blessing of being able to serve others.

#### Application

How have you served others during COVID-19? Is there a local opportunity you can seize?

## Day 24

### Let go of the survivor guilt related to your COVID-19 stress

The term survivor guilt originated in the 1950s to describe those who feel guilt for surviving circumstances others don't. If those you know were adversely affected by the coronavirus—if they lost loved ones; recovered, but lost their sense of smell or taste; recovered, but were put at risk for other complications—you might have experienced feelings of survivor guilt.

Survivor guilt evokes feelings of helplessness, sadness, numbness, or shame. Survivors may withdraw from others, especially from others who were affected by a similar experience. Recognizing these symptoms is the first step toward being able to address survivor guilt. Practice releasing feelings of survivor guilt as they arise, physically exhaling the guilt out through your breath. Other helpful ways to cope with survivor guilt includes sharing your feelings with a couple of close friends or professionals. Also work on practicing self-compassion to help release the weight of somehow feeling responsible for what happened to anyone you may have lost.

#### Application

Have you, or has someone you know, felt survivor guilt for avoiding COVID-19 or recovering from it? What practical steps can you take to release it or help another person release it?

## Day 25

### Avoid minimizing or trivializing your COVID-19 struggles

Thirty-six-year-old Jasmine worked as a high school counselor and her husband worked in a bank. Before COVID-19, they juggled transporting their two young children to and from childcare and school. But when COVID-19 hit, Jasmine began working from home and her children switched to online school. Like many others, Jasmine found herself navigating a new working style, managing online school, and caring for her children's needs.

When a friend remarked that Jasmine's situation was a difficult one, Jasmine quickly said, "But I've got it so much better than so many others." She was thinking of the families with whom she worked who were hungry. Supportive, her friend countered, "Yes, they are struggling. But so are you." Like Jasmine, we might have a tendency to minimize our own struggle. Perspective is helpful, but it stops being so when it doesn't allow us to acknowledge how we feel. The next time you feel yourself comparing your suffering to another's, remember hard is hard. Acknowledge your own authentic feelings and in doing so, you can better meet someone else in their need.

#### Application

Have you been tempted to minimize the challenges you've faced during COVID-19? When you're feeling overwhelmed, instead of minimizing, take a deep breath and allow yourself to say, "This is hard for me."

## Day 26

### Learn to live in the tension between grief and hope during COVID-19

It is still possible to cultivate a sense of hope amidst the grief. We don't say this lightly, or to minimize what others are going through, especially those fighting for their lives or those who have lost loved ones because of COVID-19. Focus on living in the tension between these seemingly opposing emotions. Though it may feel counterintuitive—and even scary and saddening—the hope we are struggling to muster is more likely to be found by embracing our current realities, not avoiding them.

Holding this tension is not easy, but it is possible. It is as important to embrace the grief—regardless of how difficult it may be—as it is to be hopeful for the future. Don't expect everything will return to the way it was before the pandemic overnight and know some things may never fully return to how they once were. So, no matter what you might be facing, purpose to the best of your ability to discover hope even amidst the grief.

#### Application

How might you be able to honor your grief while also embracing hope?

## Day 27

### Create a COVID-19 hope box

Consider putting together a “hope box” that can serve as a physical reminder of the things in your life that bring you joy. Your hope box can contain cherished keepsakes that might help you put aside painful thoughts and negative emotions or it can be filled with new items that remind you of things in life you enjoy or that give you hope. Decorating the box can also be renewing. Here are some ideas for things to include in a hope box:

- Photos or letters from people you care about
- Poems, books, or scripture passages that lift you up
- Movies or music you like
- Note cards with uplifting words or thoughts, things that have kept you going in the past, or memories of happier times
- Special trinkets or mementos that help you feel grounded

Your box can contain actual objects or be a collection of links or digital files on an electronic device. Or, you might make or create something that you could include in your box. When you begin to feel bad about yourself or your life and feel stressed, the contents of your hope box can help lift your spirits.

#### Application

What are some items or belongings you might put into your hope box?

## Day 28

### Make your own list of creative ideas for coping with COVID-19

A lot of the reflections and ideas in these devotional offerings are based on what we know about human beings who weather disasters. We've learned a lot about the mental health of those who've endured the stresses of a disaster and we've learned what can help. What you've discovered in these pages are solid, evidence-based practices that can help you to flourish during and after COVID-19.

But we also acknowledge both that you are an individual like no other and that you are the expert on you! So, we invite you to create your own list of creative ideas to cope with the stress of COVID-19. While it feels like there is a lot we can't control amidst concerns over the coronavirus, every one of us can make choices about how we cope.

#### Application

As you consider the kinds of activities and practices that bring you peace, joy, and relief, what comes to mind? Are there hobbies, physical activities, classes you could take, or other opportunities that would benefit you?

### About the Humanitarian Disaster Institute

Founded in 2011, Wheaton College's Humanitarian Disaster Institute (HDI) is the country's first faith-based academic disaster research center. Our mission is to help the church prepare and care in a disaster-filled world. HDI carries out our mission through research, training, convening, and resourcing.

### About HDI's M.A. Degree and Trauma Certificate

HDI offers an M.A. in Humanitarian & Disaster Leadership at Wheaton College Graduate School that can be completed in one year on campus or two years online (which includes a week of on-campus coursework at the beginning and end of the program). We have also partnered with the School of Psychology, Counseling, and Family Therapy at Wheaton College Graduate School to offer a new Trauma Certificate in a specialized track specifically tailored to humanitarian and disaster responders. Learn more at [wheaton.edu/hdi](http://wheaton.edu/hdi).

### Contact Us

Our website and social media accounts provide ongoing updates and resources for navigating COVID-19. For more tools and resources visit [www.nationalcovid19day.com](http://www.nationalcovid19day.com).

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