



# SURVIVING GRIEF

A 'REAL TALK' VIRTUAL DISCUSSION FEATURING PANELISTS:

	<p><b>Kristi Phillips, LMFT-S</b> Executive Director Family Counseling Services</p>		<p><b>Nelly Garcia Blow, D.O.</b> Geriatrician CHRISTUS Spohn Hospital – Shoreline</p>
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Most of us have experienced grief in some way due to the COVID-19 pandemic. In this free virtual panel discussion, we will explore different types and signs of grief, the importance of self-care, and helpful resources available. The event is open to the community; pre-registration is required.

# Housekeeping items

Webinar is being recorded; will be available on our website, UWCB.org

Slides will be emailed to participants

Questions can be submitted via the chat

# Grief during a global pandemic

## COVID

- Nueces County – 828 COVID deaths; 39,583 cases
- Texas – 51,891 deaths; 2.96 million cases
- Nationwide – 594,381 deaths; more than 33 million cases

Drug overdose deaths increased nationwide by nearly 27 percent from 2019 to 2020; up 34% in Texas (3,968 Texas deaths in 2020) [QuoteWizard.com](#), online insurance site

2020 U.S. death rate was the highest since 1943. [Census Bureau and Centers for Disease Control](#)

COVID was the third-leading cause of death in 2020, behind heart disease and cancer. Cancer and heart disease deaths were up in 2020 compared to 2019.

[Census Bureau and CDC](#).

# Multiple losses

22.2 million U.S. jobs lost during the pandemic. Reuters.

Nearly 93% of American homes reported school-age children had some distance learning from home in 2020. U.S. Census Bureau

As many as 70% of Americans worked from home during the pandemic. Gallup

More than 42% of people surveyed in December 2020 reported symptoms of anxiety or depression, an increase from 11% the previous year. U.S. Census Bureau.

Two-thirds of adults said they experienced social isolation; 66 percent said their anxiety levels increased during the pandemic. "The Pandemic Effect: A Social Isolation Report," AARP Foundation and United Health Foundation

# Grief: Definition and effects



Dr. Nelly Garcia Blow, D.O.

Board certified in family medicine  
and geriatrics

# Strategies and support



Kristi Phillips, MA, LMFT-S

Family Counseling Services

## We experience grief in response to various kinds of loss

Death of friends and family

Loss of experiencing  
milestone events

Job loss

Changes in health for self or  
loved one

Relationships - Social  
distancing

Loss of an overall sense of  
wellbeing and/or  
independence

Loss of routine



## Grief helps us recognize that we've experienced a loss and that we need to adapt

- Stress
- Sadness
- Irritability/Anger
- Anxiety/Nervousness
- Worry
- Easily Distracted
- Preoccupied
- Problems with memory
- Negative thoughts
- Unable to sleep/sleeping too much
- Decrease or increase in appetite
- Risky behavior
- Physical: Tense Muscles, headaches, stomach aches, dizziness, chest pain, fatigue





# The grief process is different for each individual.

(Be patient with yourself and others)

# How can I help myself?

- Self-reflection: Understand your own tendencies.
- Avoid Isolation.
- Know when to set boundaries.
- Look for things/activity/people that bring you joy and a sense of calm.
- Take care of your physical health.
- It's also OK to let go of the idea of "getting closure."
- The emotions don't go away, but we learn to manage them and integrate our loss in order to move forward.

# When should I seek help?

How has your loss affected your beliefs about your world?

How have those beliefs and your emotional/mental state affected your functioning?



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# How can I support those I care about?

Video: [Brene Brown: Empathy](#)

Focus on listening, rather than making someone feel better.

How comfortable are you with your own grief?

How can I encourage others to seek professional help?

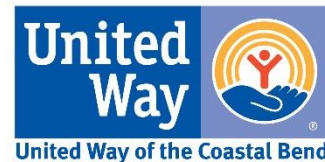
**CHANGE**  
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**FOR GOOD**

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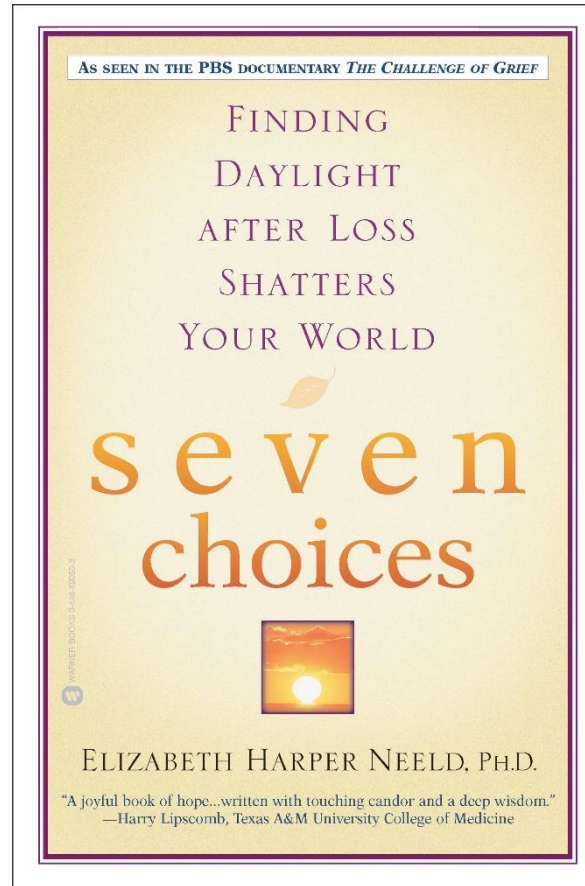
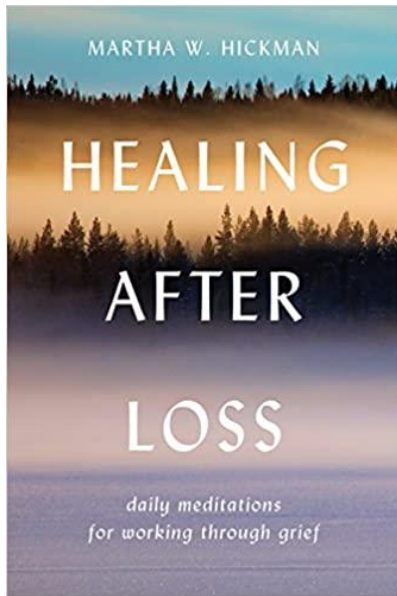


# Local resources

*(Covid-19 protocols may have changed service provision from face-to-face to telehealth services.)*

- Family Counseling Service – (361) 852-9665
- Coastal Bend Wellness Foundation – (361) 814-2001
- Amistad Community Health Center – (361) 886-3065 (Corpus Christi and Robstown)
- Corpus Christi Catholic Charities – (361) 884-0651
- Covid-19 Mental Health Support Line – 24 hours day/7 days a week – (toll-free) 833-986-1919
- The Counseling & Training Clinic, TAMUCC – (361) 825-3988 – Telehealth during spring, fall and summer semesters
- 2-1-1 Texas – <http://211.org> – 24-hour information and referral service
- Corpus Christi Christian Fellowship – (361) 993-2223
- Counselors and therapists in private practice also offer counseling and support services at various price points

# Books and podcasts



# Questions?

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