

TUESDAY 7TH APRIL 2020 EASTER SUPPLEMENT 1 STAYING CONNECTED AND CURIOUS DURING THE COVID-19 PANDEMIC

Knowledge and understanding of attachment and trauma

Individual and collective grief and loss in relation to Covid-19

<https://www.youtube.com/watch?v=n9a79NeUARo&feature=youtu.be&app=desktop>

Dr Karen Treisman talks about how the current situation is triggering grief and loss both in the individual and in our whole communities. It's particularly powerful in terms of loss: loss of role, physical contact, income, safety, freedom ... not only loss of a loved one through the virus.

Some questions for reflection

1. What losses are you experiencing personally?
2. What losses are the people in your immediate and wider family experiencing?
3. What losses are the children in your care experiencing?
4. What losses are your colleagues and school community experiencing?
5. What losses are your school families experiencing?
6. What losses are your local home community experiencing?

Action

Make a visual representation, maybe a list, diagram, script, poem or poster to record your thoughts and ideas about the above questions.

What can you DO today to help process and manage your personal loss?

Later this week we shall be considering Questions 2 to 6, so keep your visual representation available.

Don't forget your self-care today. Access you Cam Box if it's soothing.

Have a good day, keep safe and healthy and ring or email me to chat if that would help. *Jenny x*