

# a few notes

Topic: Grief



## Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

We all have lost something during this crisis. We have lost time with friends, church gatherings, going to gym, school, travel, or just a sense of security. Although it doesn't compare to those who have lost their job, health, and their lives, it is still a loss. And it's important to acknowledge that grief that you are feeling. How are you doing?

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