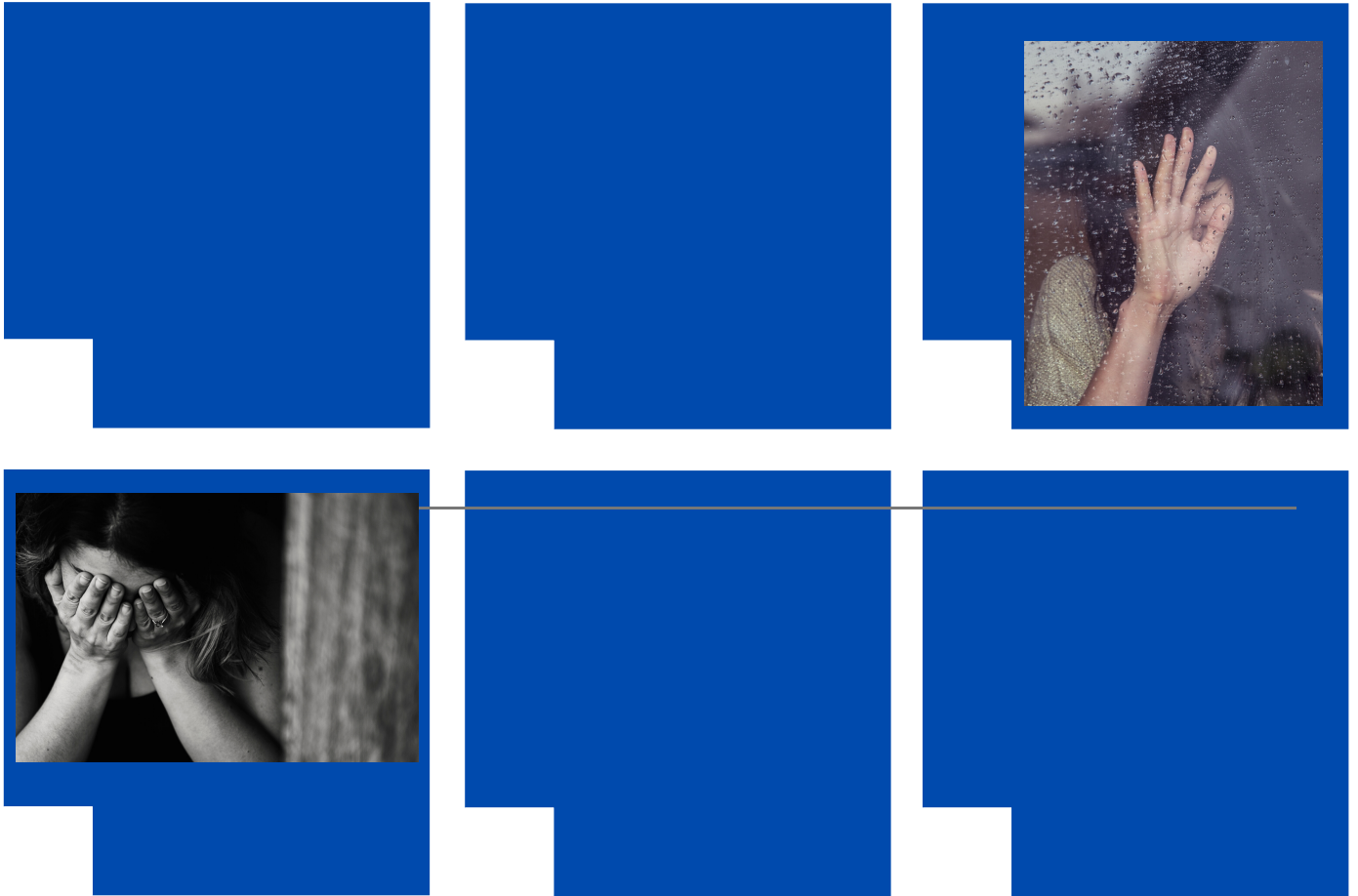


a few notes

Topic: Survivor's Guilt



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

Many people are experiencing survivor's guilt in relation to the COVID-19 pandemic. We find ourselves thinking "it could have been me", "I don't deserve this" or "It might be me in the future." In today's employee check in, we explore Naomi Zikmund-Fisher's article on Survivor's Guilt. Survivor's guilt is what happens when we try to make the negative event fit into our inaccurate world view. We have to switch the language from "should" and "shouldn't" to wish. Recognize that when you say you think something should or should not have happened, you are expressing a wish. What you wished for didn't happen. Don't feel guilty for about that.

Click here for another [Source](#)