

a few notes

Topic: Grief



Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

With everything going on around us like the COVID-19 pandemic, shortage of food, isolation, closing of schools, and most recently the furlough of jobs, we are experiencing a lot of grief. In today's employee check-in, we take another look at Naomi Zikmund-Fisher's article on the six stages of grief: Denial, Anger, Depression, Bargaining, Acceptance, and Growth. These aren't linear, and in the current situation, you may be all over the place. The key here is to accept that uncertainty itself.

Click here for [Source](#)