

# a few notes

Topic: Healing but first Grieving



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

According to [Psychology Today](#), individually and collectively we need a time of healing, physically, emotionally, and spiritually. The multiple upheavals and uncertainties have taken a large toll on us. We need a time for grieving all that we have lost and continue to lose. Not only the hundreds of thousands of Americans who have already died of COVID-19, the second wave of COVID-19 but also the mounting job losses, increases in domestic violence, the election, gun-related violence, and social isolation, we need ways of staying hopeful, strong, resilient, and resistant Create a resilience plan. See the Resilience Plan (the four S's) [Source](#).