

# *Pandemic Reflections*

GRIEF  
SPACE  
Support Practices Adapted FOR THIS Challenging Era



[www.InternationalGriefInstitute.com](http://www.InternationalGriefInstitute.com)

As we are forced to change the way we live our lives,  
may we find joy in slowing down and embracing the momentary pause.

As we bear witness to the hardship, pain and sorrow surrounding us,  
may we grow in awareness, compassion and understanding.

As we yearn for the freedom to come and go as we please  
may we reach out in love and friendship to those who are struggling.

As we seek connection and strive to hold on to hope,  
may we be gentle with ourselves and forgiving of others.

As we do our part to help heal the world,  
may we remain fully present to

*the simple joy of being alive.*

