

WE ARE STRONGER TOGETHER IN MIND

LIVING WITH UNCERTAINTY: FINDING MY WAY



Medtronic

WORRY + GRIEF



WHAT IS WORRY?

Excessive thinking ahead that can leave us feeling anxious or apprehensive.

Worry feels like a chain of thoughts which can progress in increasingly catastrophic and unlikely directions.

What if there is a second wave, a resurgence?

How long will it take Covid-19 to end?

Maybe I caught Covid-19 when I went to buy food.

Everyone will pass it on. I should not go out at all.

I am going to lose everyone I know and love.

WHAT CAUSES A WORRY? WHEN THINGS ARE:

Ambiguous
– open to different interpretations.

Novel and new
– don't have any experience to fall back on.

Unpredictable
– unclear how things will turn out.

TWO TYPES OF WORRIES

1 Real
Actual problems that are affecting you right now. e.g., managing kids' school lessons while trying to get on a work call.

2 Hypothetical
Things that do not currently exist, but which might happen in the future. e.g., never able to travel again.

TRY TO REMIND SELF NOT TO BORROW WORRY FROM THE FUTURE AND FOCUS ON THE PRESENT.

YOU MAY BE EXPERIENCING A RANGE OF EMOTIONS AND FEELINGS. SOME MAY BE:

Frightened
– fear of the virus, fear of what it means for your friends and family, fear of what it means for our society in the future.

Angry
– at nobody in particular, with emotions coming from nowhere that you don't understand and in the moment you can't control.

Ambiguity
– how this situation is going to evolve, for how long it will go on and how we may be affected in the long term.

Lonely and isolated
– feeling of disconnected from family, friends, and work colleagues.

Exhausted
– Juggling multiple roles, with no end in sight, in a single, most often, small and multi-generational space.

Feeling guilty
– feeling guilty for having privileges others' don't.

BUT ONE EMOTION WE MAY NOT BE CONSCIOUS WE ARE EXPERIENCING IS GRIEF



WHAT IS GRIEF?

We are all feeling some form of loss – a holiday, a family event, a trip to the theatre, a meal out with friends, or our children not able to go through graduation. Or we're anticipating some sort of future loss - a retirement that is now not possible, a shattered illusion of safety. Grief is an experience, not something that goes away in few days. Its an embodiment of the change experienced because of loss.

SIX STAGES OF GRIEF - CAN BE IN 1 OR MORE STAGES AT A TIME

Denial
– won't affect me.

Anger
– stopping me living my life.

Sadness
– don't know when it will all end.

Bargaining
– if I do what I am told, everything will be ok.

Acceptance
– I look for ways to adapt to changes.

Meaning
– meaning of the experience.

Source: **1.** That Discomfort You're Feeling Is Grief, Scott Berinato, HBR, March 23, 2020. **2.** Living with Worry and Anxiety Amidst Global Uncertainty, Matthew Whalley & Hardeep Kaur, Psychology Tools, 2020. **3.** Checking In - Podcast with Susan David.

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MOVING FROM FEAR TO GROWTH



Source: Unknown

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WHAT CAN I DO?

WHAT I CAN DO WHEN I WORRY



Identify
whether it's Real or Hypothetical worry.



Take a break
Create time for whatever gives you energy, relief, joy, creativity, and/or joy.



Focus on what matters
– prioritize what matters to you (e.g., family, be there for others)

Practice gratitude
What am I grateful for today? What will I miss about today when things come back to "normal"? Notice and try to limit what causes, especially hypothetical, worry.



Set a routine
Be mentally/ physically active.



Be compassionate with self
Write/give a self-compassionate response to your negative thought.



Practice mindfulness
– be in the present.

WHAT I CAN DO WHEN I FEEL GRIEF

To get beyond grief, you shouldn't deny or ignore it. Take care of yourself by:



Acknowledge



Name



Feel



Support

- 1 Acknowledge your feelings**
– It's ok to not to feel ok and to acknowledge to yourself what feelings you have.
- 2 Name your grief**
– label it. Too often we tell ourselves, "I feel sad, but I shouldn't feel that; other people have it worse." If you feel sad, allow yourself to feel sad and call it by its name.
- 3 Feel your grief**
– write what you feel. When you write, you accept your grief. Write with curiosity and without judgement about what's on your mind. Once on paper, you will get a perspective of how you want to work through your grief.
- 4 Get the support you need**
– ask for help. Get support. It could be a family member, a friend, or your manager. Many resources are also available via INSIDE MDT (e.g., MEAP).

POSITIVE MINDSET

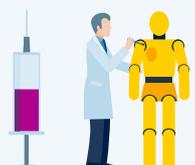
Experience positive emotions as people come together to do what is best for each other:



Joy
– the way that society has come together restores your faith in humanity because the care that is always below the surface has become explicit.



Pride
– at what you or MDT has done over the last few weeks. Not only what has been done, but the speed at which it's been done.



Hope
– you can see the possibility for something new and better emerging from this crisis.



Excitement
– there is going to be interesting work around the corner where we can contribute to making a difference.

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