

# 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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