



It's All About the Story: COVID-19 COPING STRATEGIES

Thursday, April 16, 2020 @ 7PM PST

Have you ever wondered how people are coping in these strange times? How are you managing the losses that have come barging into your life? What can you do to alleviate the anxiety of the unknown?

Join Rick Bergh, Bereavement Educator and Narrative Therapist, as he shares SEVEN strategies on how to cope with loss and manage stress during these uncertain times.

IN THIS LIVE RADIO SHOW YOU WILL LEARN:

- ▶ How to recognize 3 zones of living
- ▶ How to mitigate bad stress
- ▶ What research has to say about healthy alternatives to help you manage

With COVID-19 still very much part of life, it's important to stay connected, share resources, and learn from each other. What are your survival tactics for getting through this time of loss? Be ready to phone in and share your thoughts with us.



Due to the COVID-19 pandemic, this episode will not be held LIVE at First Memorial, but will still be streamed online.

Tune in at:
blogtalkradio.com/rickbergh

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