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Westend61/Getty Images For many people, COVID-19 has complicated end-of-life situations. It's normal for afraid to die alone and feel the need for closure. With the help of healthcare and technology workers, loved ones were able to say goodbye remotely. The end of life is something most of us think about at some point. We imagine what it will be like and who will be on our side. For some people, death is not fear. However, for others, the fear of dying alone indicates a greater fear of losing control of the death process. Fears of losing control are exacerbated by the fact that many hospitals and nursing homes have implemented visitorless policies during the coronavirus epidemic, leaving many people coping with death every day without family members or loved ones by their side. Fortunately, doctors, nurses, and other hospital staff worklessly during to ensure their patients do not die alone. While others take comfort in knowing that their loved one is accompanied by an exceptional medical worker who sat with them to the end. For many, it helps change the landscape of dying alone. And while countless families are grateful for the support, compassion and selflessness of frontline workers, many are still left with unanswered questions about how loved ones spent their final moments. This fear that a father, mother, uncle, brother or sister died alone could complicate the grieving process and lead to a lack of closure for family members. We have spoken to mental health experts to better understand why we fear the idea of dying alone and how families can find comfort and peace as they begin the grieving process. To understand why we have a fear of dying alone, Lytze Williams, a clinical social worker, and co-founder and program director of What's Your Grief?, says we must first acknowledge that this fear often comes from death itself. We fear the unknown, the potential pain, the lack of consciousness and the discomfort that may accompany death, she explained by email. While we can plan well and have good palliative support, Williams says there is comfort in the idea of a familiar face, someone who will protect us to ensure that suffering is minimized, someone to remind us that we are loved, and simply to be present with us. Another reason we fear dying alone stems from our desire for connectivity. There is a natural human instinct to crave connectivity with others, and that instinct stands out even more for those we love, explains Keita Franklin, PhD, and Chief Clinical Officer of Psych Hub. This passion, franklin says, is present, and perhaps intensifies, when faced with your mortality. For so many, the last hours of life provide an idly by opportunity for his family's death and loved ones to express Respect, remorse, and perhaps offer forgiveness for perceived insults. - Keita Franklin, PhD psychotherapist, Naomi Torres-Mackey, EdM, says that during her time providing care to medical patients at the end of life, she realized that dying alone is actually favored by some. This is in large part due to the fact that we don't want others to see us weak or sick, she wrote in an email. Dying alone, she says, can give someone a sense of dignity in their final moments. For some, Torres-Mackey says perfection without others present means they don't cause emotional pain to those around them. Dying alone means you don't have to worry about anyone else but yourself - for the last time, she adds. However, Williams notes that in many SITUATIONS COVID-19, which differ greatly from previous end-of-life processes, families feel their loved one has not been given the choice to die alone. It's decided for them. And in these situations, the best families, patients, and hospital staff can do, she says, is talk to each other openly and often, discuss fears and concerns, be creative with the use of phones, tablets, video technology, photos, audio files, music, and anything else that might provide a sense of comfort and connection. The current epidemic of life facing our nation has complicated an emotional and already difficult process around end-of-life considerations, Franklin said in an email. And for family members and loved ones dealing with this grief, knowing that nurses and hospital staff, in general, are well trained and equipped to respond with empathy and scrutiny in the final moments of life, can provide a certain sense of comfort and peace. Although it will probably be minor, she notes that during this complex period, little comfort is sometimes all the family has. Talking to a hospital staff member and making sure they know your loved one as a person and not just as a patient might help a little. — Litsa Williams, a clinical social worker as well, if a family can feel that their loved one is not suffering, is not suffering, and perhaps unaware of what is happening, Williams says that may serve as a comfort. Through her clinical work with COVID-19 front-line employees, Torres-Mackey says she's learned that despite their hard work, they get a great sense of meaning from dating people in their final moments. It provides them with a sense of real purpose at a time when they feel quite helpless, she explains. The health care workers who expand that empathy are commendable, but at the same time, Franklin says it doesn't ease the pain people feel for not being physically present in a loved one's final hours. Family members may experience guilt for not being present and wondering if they could have done more, franklin says. They might also wonder if there was anything else they could I should have told a dying loved one. However, Franklin says that these feelings of guilt and remorse are a natural response to current public health restrictions, and should be considered during the grieving process. That's why finding support, whether with those closest to you or professionally, is so crucial. The National Institute on Aging says finding support with compassionate family and friends is a great place to start, especially since they're grieving too. Talking to a therapist can help you start accepting death, working through the grieving process and, in time, moving forward. Fears about our mortality and fears about our loved ones spending their final days without a family by their side. If you have concerns about end-of-life rituals or are struggling with the loss of a loved one, remember, help is available. Reach out to your doctor, mental health specialist, or bereavement specialist. Many of the credit card offers listed on the site are from credit card companies ThePointsGuy.com compensation. This compensation may affect how products appear on this site (including, for example, the order in which they appear). This site does not include all credit card companies or all available credit card offers. For more information, click here on our advertising policies page. Editorial note: The opinions expressed here are those of the author only - not of any bank, credit card issuer, airline or hotel chain, and have not been otherwise reviewed, approved or approved by any of these entities. With all the uncertainty in the world today, it's hard for any business owner or entrepreneur to stay positive. Based on my experience and business consultant and mentor, this is the ideal time to return to the basics of business leadership and innovation. There's no magic formula, but I'm sure one of the keys is to build and maintain a positive group culture, despite all the unknown. For instance, I've always been impressed with how the show comedy never loses its positive impact, no matter how controversial the subject. It draws on current social culture and harsh reality to get everyone to approach a negative subject with a fresh look and innovative attitudes. Here are some ways you can apply the same outlook to your business: Make sure everyone on your team sees each new business experiment as a positive learning experience, even if it fails. You're the model here, so keep a smile on your face, provide positive feedback, and keep thinking outside the box to find new approaches while minimizing risk. Elon Musk, as an example, is impressive in his broad knowledge and interest in electric vehicles, the introduction of humans into space and new energy technologies. He declares that constant learning is a key part of his work. As well as his motivation to work harder. Empower and make it easier for your team to summarize, with or without you. Don't suffer or play the blame game. Also, don't hesitate to remove those who refuse to stay current, or who undermine the rest of the team through actions or access. Small teams are often the most efficient. Teammates can't help you overcome every challenge if they don't understand where you're coming from and why. Make it a positive message, and the group will come down with you in line to deliver creatively. The human response not to the message, or to a negative message, is to hide or jump ship in crisis. These days, customers, as well as team members, should be able to address a higher purpose for your business, such as protecting the environment, or helping the underprivileged. Toms Shoes, founded by Blake Mikoski, led the way in Lima. Team members identify and support stubborn business leaders in implementing their transformation, rather than those who quickly jump from one idea to another, with minimal continued or analysis. Be sure to tie the changes back to what: customer value, business goals, and competition. Peer recognition is a powerful motivator, and often more effective than financial bonuses. Practice active listening and frequent feedback, but be accountable to the people for continuing. Through mentoring and coaching, you can build a culture of collaboration and cooperation throughout the team. Richard Branson, who currently controls more than 400 companies across multiple industries, attributes much of his success to his focus on rewarding key personnel with an opportunity to run his new companies. He considers mentoring one of his most critical job roles. You and your team should feel comfortable working together, and the practice becomes perfect. Sessions can be off-site to create a sense of entertainment, but need to be realistic in creating a sense of urgency and building a culture of thinking outside the box, and creating implementation programs. All businesses face enormous challenges in the world today, and that won't be changing anytime soon. If you approach your current difficulties as a near-term problem only, your competition will overpower you. Define the model and send the message that you expect your team to think like futurists. Jeff Bezos of Amazon states that his company has always taken a long-term take on the change, assuming a time frame of five to seven years before the idea of change is fully tested and implemented. Uncertainty has been the norm for start-ups and entrepreneurs for a long time, and I see no sign of that changing. Unfortunately, many business leaders forgot the principles that helped them thrive and survive while the business was young, in favor of the apparent convenience of unmoted stable processes, and the way things were always done. Let this new era of uncertainty be a reminder of the challenges you once overcome, and the confidence and skills you already need to pursue

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