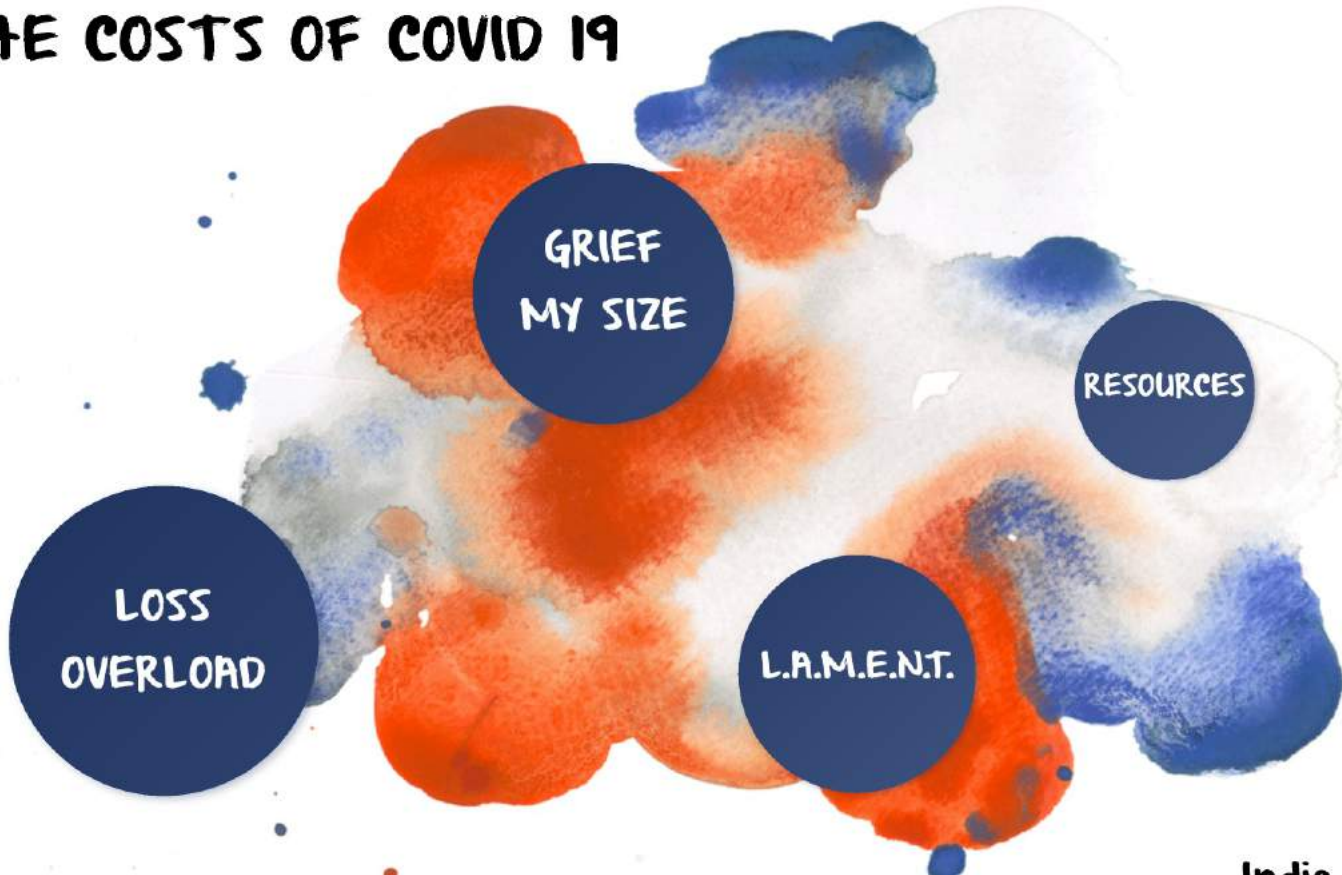


THE COSTS OF COVID 19

NEXT
TIME



India "DeFINEd" Barnes

WELCOME

Authoress



"Mother"



Counting
Costs

TALK
TO ME

Poet

B.A. Philosophy &
Psychology 2014,
MDiv 2020
CPE 2020

Shhh... 2017

There Are No Right Words 2020
Questions of Blackness 2020

There Are
No Right Words

#MidnightMemories



DeFINEd

The Girl



**with the Puzzle Tattoo
Youtube Poem**

<https://youtu.be/BrkjESbFV-w>

Poet

B.A. Philosophy &
Psychology 2014,
MDiv 2020
CPE 2020

Shhh... 2017

There Are No Right Words 2020
Questions of Blackness 2020

There Are
No Right Words

#MidnightMemories



DeFINEd

The Girl

"Happy Mother's Day"

Grief during Holidays

Complicated Mother
relationships

Miscarriage

Abortion

Mother Died

Postpartum Depression

Social Distancing

Chronic or Terminal Illness

Mental Health Challenges

Who's there?

Have you ever laughed your self to death?

If yes, drop a movie or song in the chat that helps you when you're sad

If no, drop a favorite comfort meal in the chat that helps you when you're sad

6 Types of Loss According to Mitchell and Anderson

Material Loss

Relationship Loss

Intrapsychic Loss

Functional Loss

Role Loss

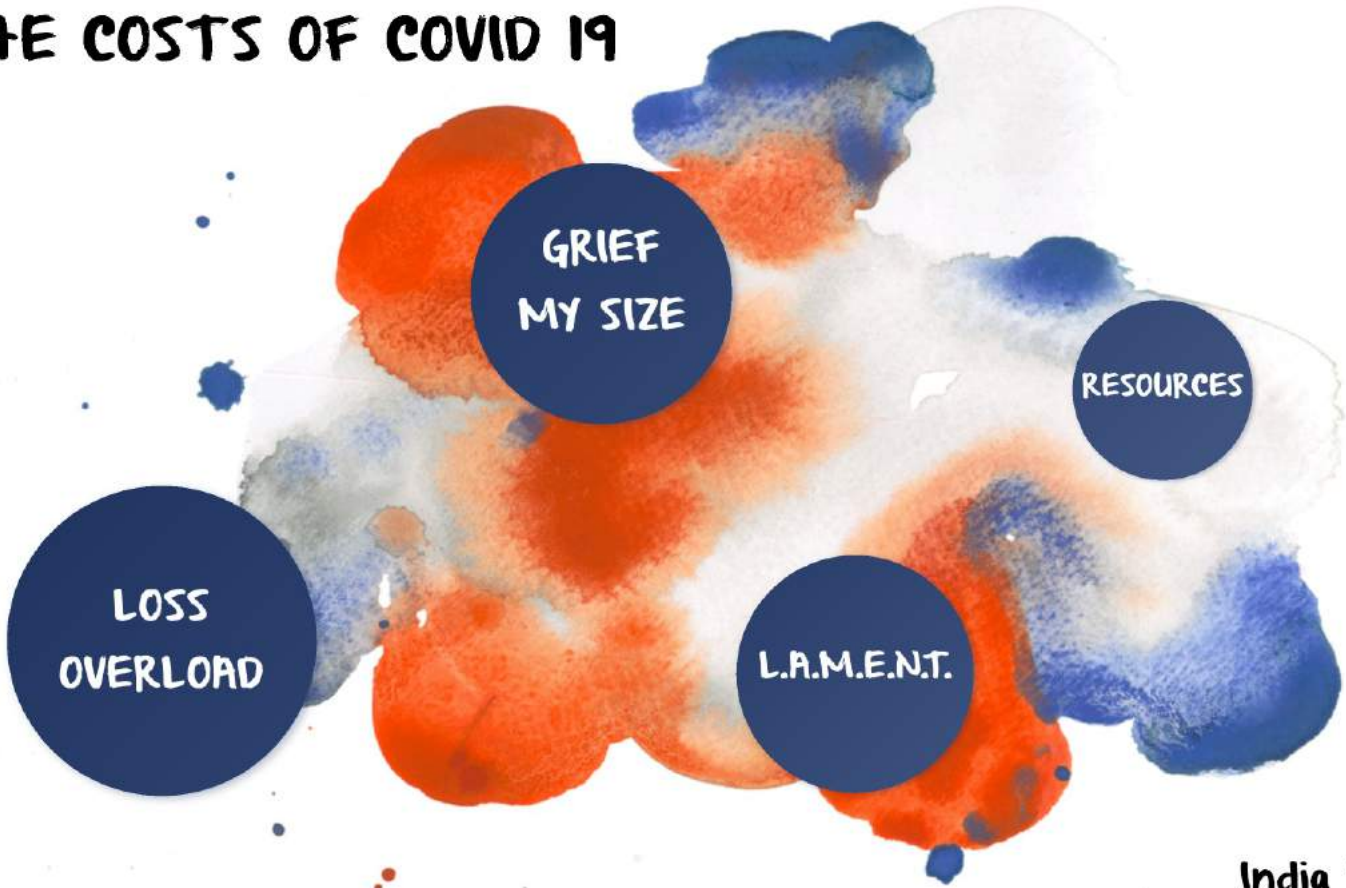
Systemic Loss

Other Types of Loss

[https://
www.lossesintranslation.com/types-
of-losses.php](https://www.lossesintranslation.com/types-of-losses.php)

THE COSTS OF COVID 19

NEXT
TIME



India "DeFINEd" Barnes

TYPES OF GRIEF



"I ain't got no type
And Let my momma tell it
(nope) I ain't living right"

Feelings

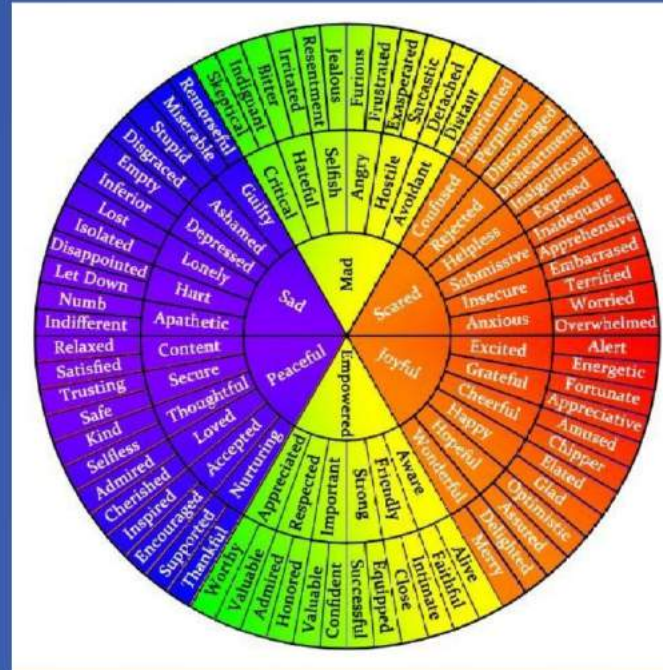
What's
the Point?

"Hi, meet
Normal,
no relation"

Grief and Relief have
the same endings, and
sometimes, parallel
beginnings
@2defined

Feelings

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>
<https://whatsyourgrief.com/relief-after-a-death-the-unspoken-emotion/>



"Hi, meet
Normal,
no relation"

Grief and Relief have
the same endings, and
sometimes, parallel
beginnings
@2defined

Feelings

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>
<https://whatsyourgrief.com/relief-after-a-death-the-unspoken-emotion/>

TYPES OF GRIEF



"I ain't got no type
And Let my momma tell it
(nope) I ain't living right"

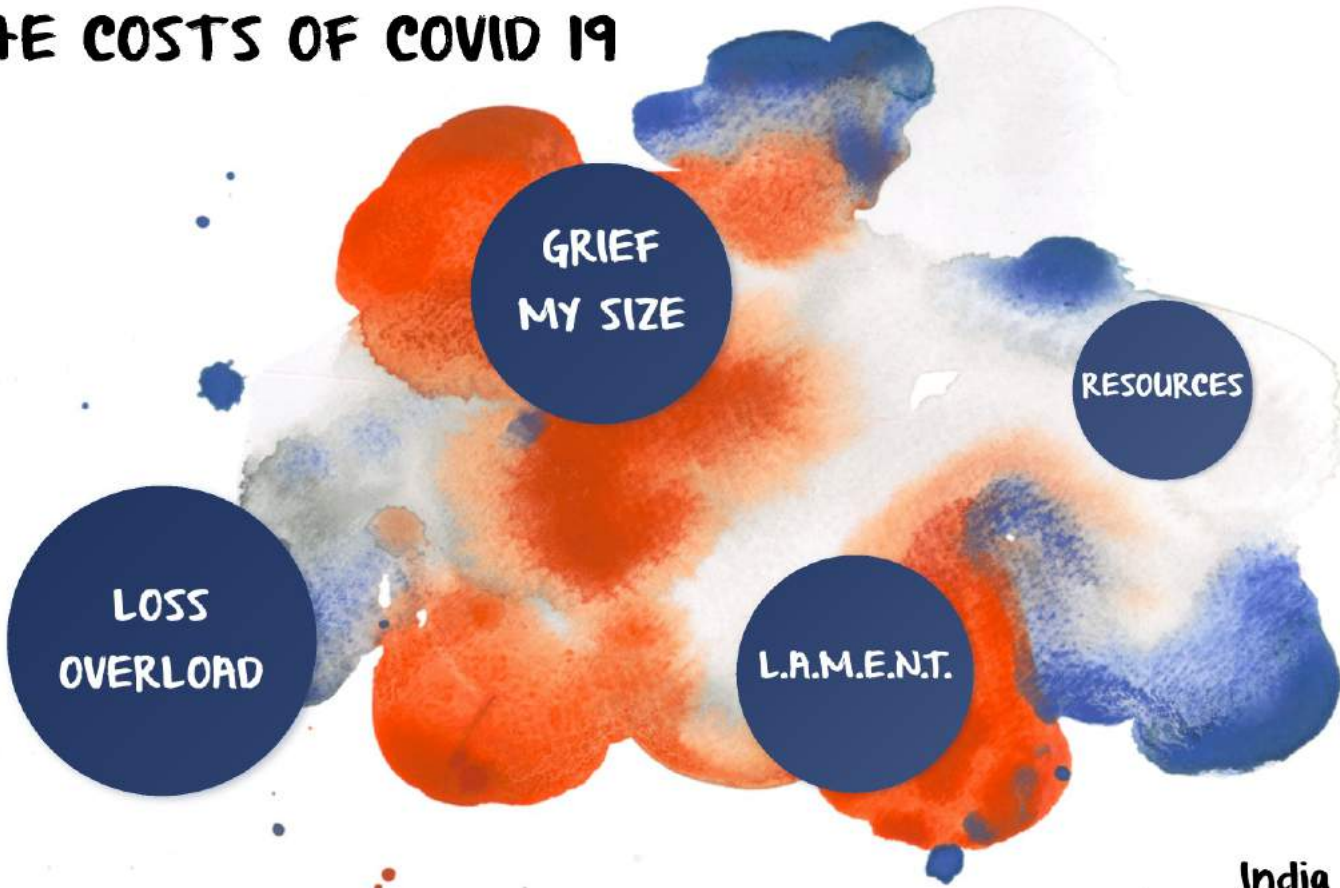
Feelings

What's
the Point?



THE COSTS OF COVID 19

NEXT
TIME



India "DeFINEd" Barnes

Butterfly Affect

PROCESS

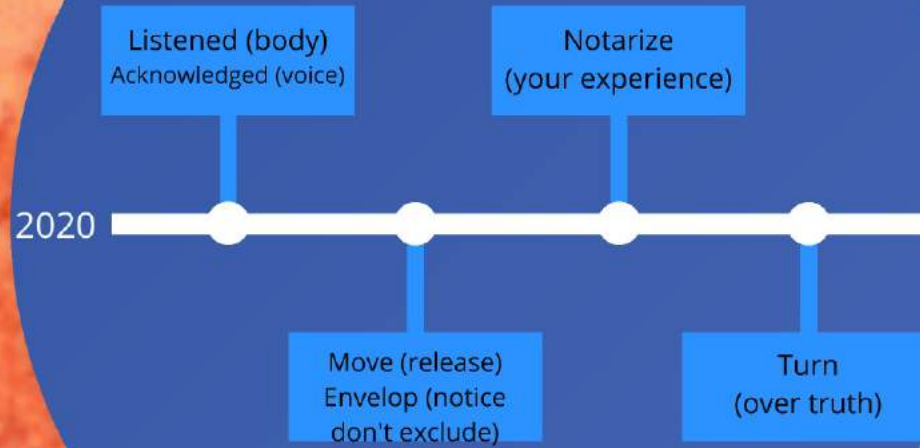
Listened
Acknowledged
Move
Envelop
Notarize
Turn

L.A.M.E.N.T.



Painting
A Story

Loss must (be)



Of Lament

Lament in bible, music, and poetry
"Lament in the Hebrew Bible is an expression of sorrow, a description of distress, or a protest about injustice. "

https://www.sbl-site.org/assets/pdfs/TB7_Lamentmusic_NL.pdf

Lament in Jewish Thought
<http://www.oapen.org/download?type=document&docid=1001723>

Butterfly Affect

PROCESS

Listened
Acknowledged
Move
Envelop
Notarize
Turn

L.A.M.E.N.T.



Painting
A Story

References

DeSpelder, Lynne Ann, and Albert Lee Strickland. n.d. The Last Dance.

Mitchell, Kenneth R, and Herbert Anderson. n.d. All Our Losses, All Our Grievs.

"Home". 2020. What's Your Grief. <https://whatsyourgrief.com/>.

"Griefshare - Grief Recovery Support Groups - Griefshare". 2020. Griefshare.Org. <https://www.griefshare.org/>.

County, Montgomery, OH Therapists in Dayton. "Dayton Therapists, Psychologists, Counseling - Therapist Dayton, Montgomery County, Ohio - Psychologist Dayton, Montgomery County, Ohio". Psychologytoday.Com. Accessed April 20. <https://www.psychologytoday.com/us/therapists/oh/dayton>.

"Mental Health Services". 2020. Signature Health. <https://www.signaturehealthinc.org/mental-health/>.

From Loss

Overload Session

Bookmark links:

[https://www.canva.com/design/DAD7gfYcmz8/gwMspEIOLlrj1daqXWFClQ/view?](https://www.canva.com/design/DAD7gfYcmz8/gwMspEIOLlrj1daqXWFClQ/view?utm_content=DAD7gfYcmz8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

[utm_content=DAD7gfYcmz8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink](https://www.canva.com/design/DAD7gfYcmz8/gwMspEIOLlrj1daqXWFClQ/view?utm_content=DAD7gfYcmz8&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

[https://www.canva.com/design/DAD7hKsdVLY/xuOYYhk0WWjubglcByzBqQ/view?](https://www.canva.com/design/DAD7hKsdVLY/xuOYYhk0WWjubglcByzBqQ/view?utm_content=DAD7hKsdVLY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

[xuOYYhk0WWjubglcByzBqQ/view?utm_content=DAD7hKsdVLY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink](https://www.canva.com/design/DAD7hKsdVLY/xuOYYhk0WWjubglcByzBqQ/view?utm_content=DAD7hKsdVLY&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink)

Where to buy my books: email me or go straight to amazon

https://www.amazon.com/s?k=india+defined+barnes&ref=nb_sb_noss_2

Daddy Issues:

GETTING THROUGH FATHER'S DAY
without adding to them

Small group convos

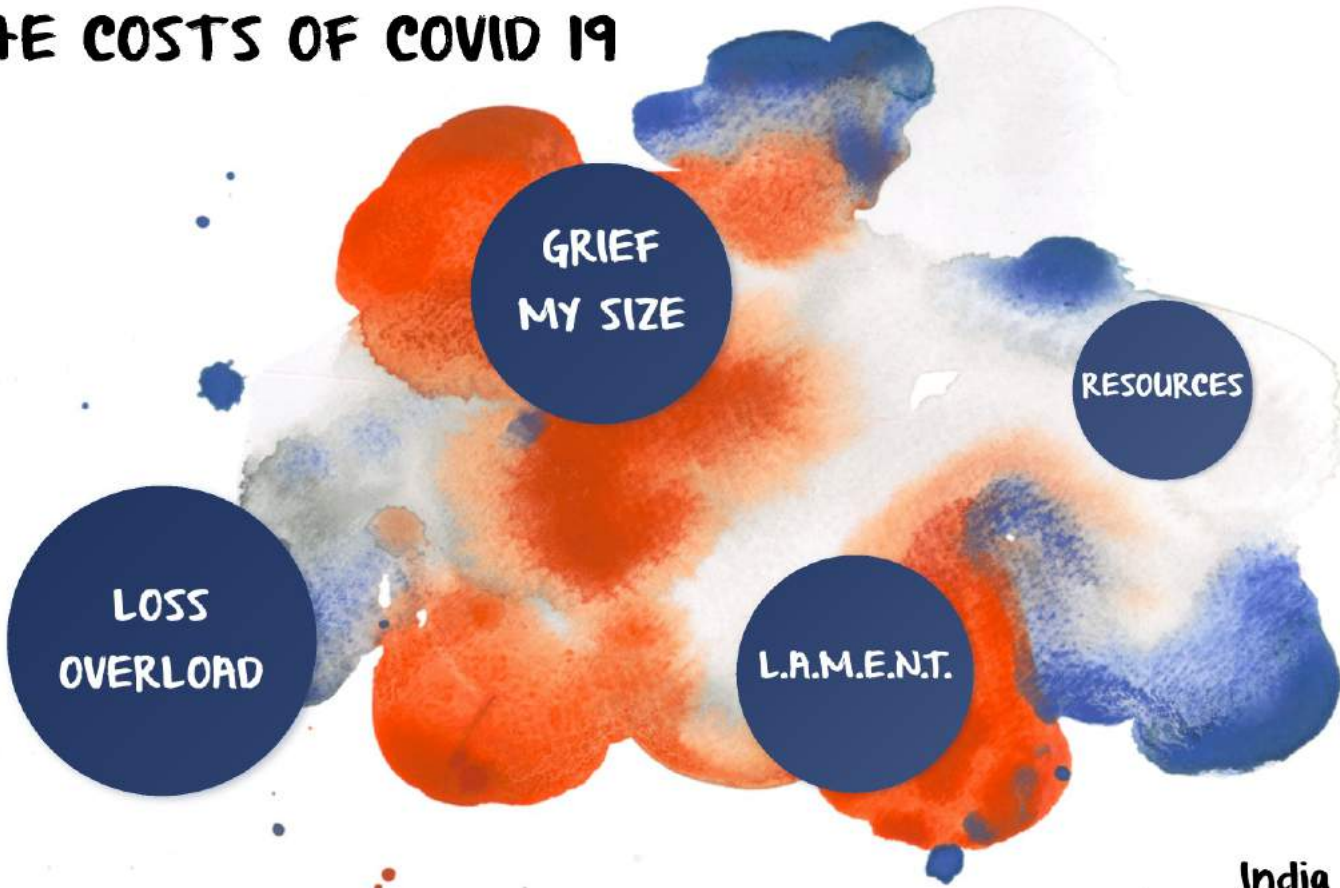
Sunday, June 7, 2020
at 2:00 p.m.

[Register Here](#)

Takeaways

THE COSTS OF COVID 19

NEXT
TIME



India "DeFINEd" Barnes