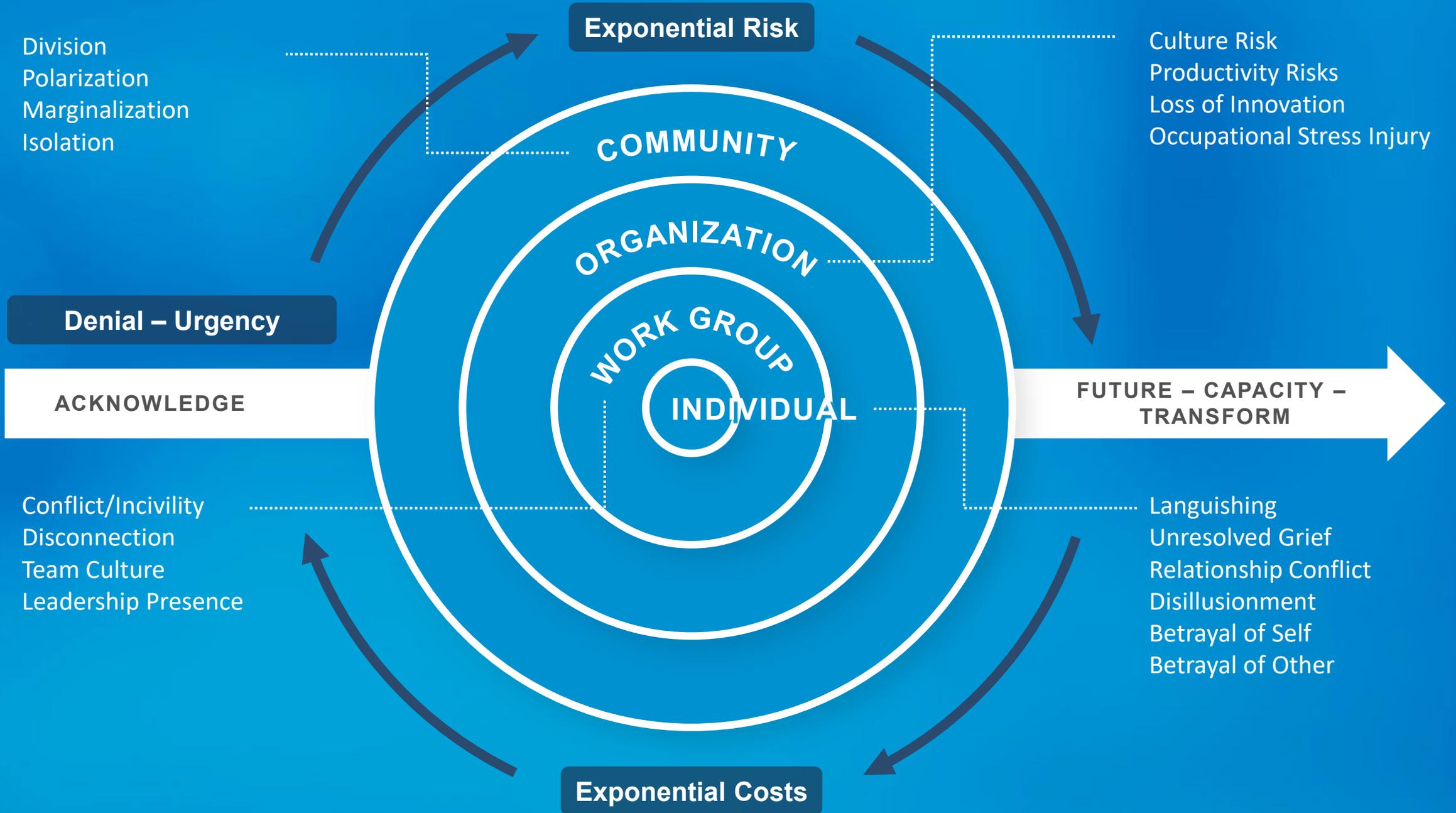


# POST-PANDEMIC HEALING: MAKING MEANING



# MAKING MEANING

- The process of understanding or making sense of life events
- Helps to prevent us from becoming bound to an experience in an unhelpful way
- Difficult experiences:
  - Challenge our assumptions about life, people and our view of the world
  - Can be disorienting
  - Can lead to transformative change or a sense of “stuck-ness”
  - Discomfort can lead to desire to bypass meaning-making



# MAKING MEANING

- How do we do it?
  - Orientation to person, place and time
  - Find language
    - Label → Externalize
    - Frame and Contain
  - Create a cohesive narrative or story about the experience and our role in it to describe experience to ourselves (the story I tell myself – narrative therapy)

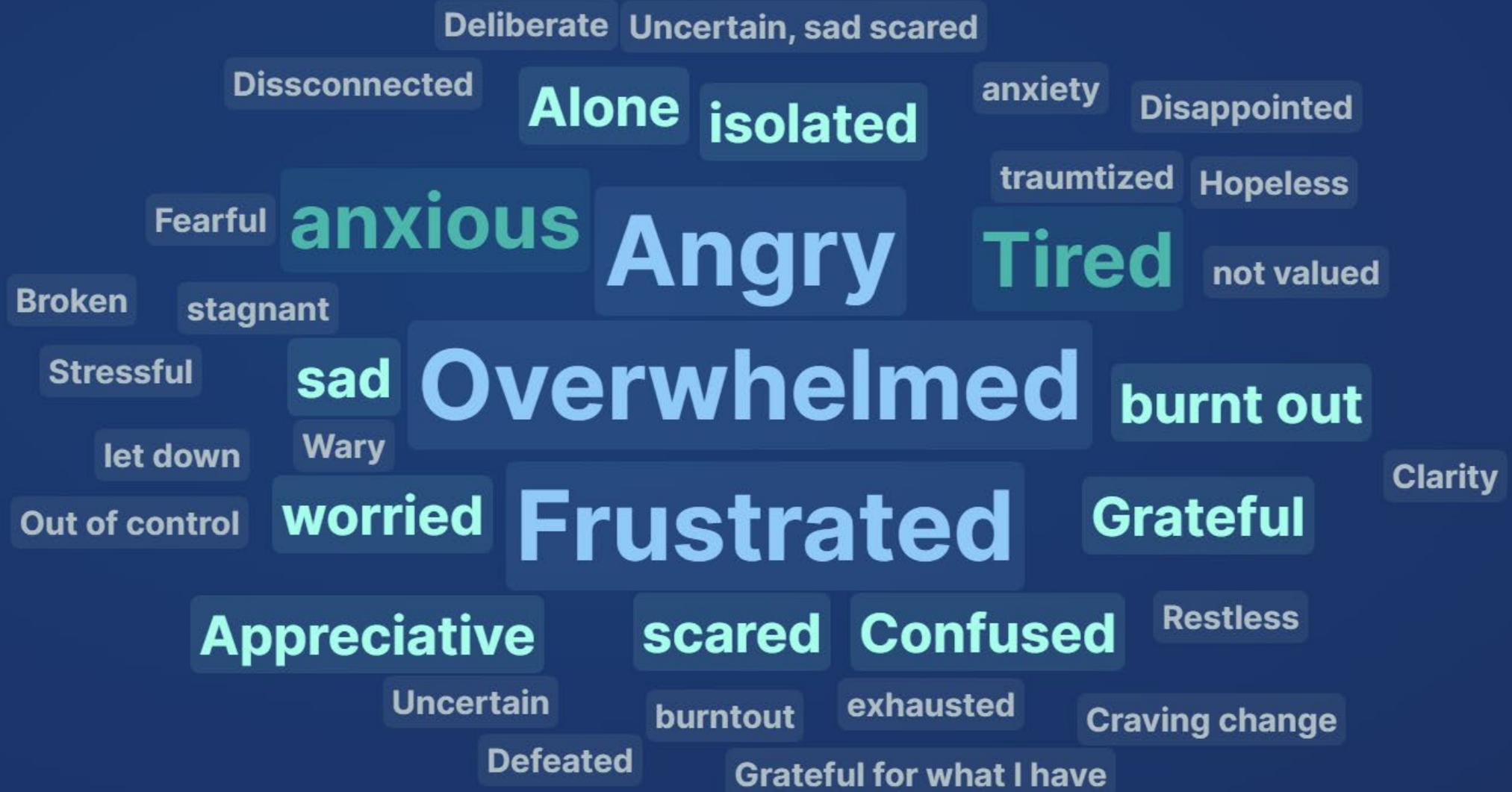
slido



**What word(s) would you use to describe how the pandemic has made you feel?**

ⓘ Start presenting to display the poll results on this slide.

What word(s) would you use to describe how the pandemic has made you feel?



# INTEGRATION

- Combining one thing with another so that they become a whole
- In psychoanalysis, the process by which a well-balanced psyche becomes whole... the state that results by countering the fragmenting effect of defense mechanisms.

Achieving a state of balanced wholeness.

## SELF-REFLECTION QUESTIONS

- What difficult or challenging experiences did I have during the pandemic?
- What positive experiences or outcomes did I have during the pandemic?
  
- How did I get through the tough stuff?
- How did I celebrate the good stuff?
  
- What is the story I've been telling myself about this experience?
- What is the story I'd like to tell about this experience?

**“Sometimes people need to tell stories repeatedly in order to make meaning. Look for the shift that indicates they’re telling you, “This is how I survived,” after, “This is what I suffered.”**

**Jann Derrick**

THANK YOU



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