

The 5 Stages Of Pandemic Grief

with Buck Greene for www.ModernCombatAndSurvival.com

The 5 Stages Of Grief And How They Apply To Our Mental State Now

I don't know if you remember back to your school days, but a lot of us were taught about the 5 stages of grief, usually as they relate to a terminal illness or the death of a loved one. People experience the stages in different orders, and sometimes go through more than one stage simultaneously, but the basic 5 are **denial**, **bargaining**, **anger**, **depression**, and **acceptance**. These can all be applied to our collective mental state in the pandemic... and the sooner you get to the acceptance, the better off you will be.

1. Denial

We were all in denial at first. Our government told us that there was little cause to be concerned; our media said the same; government officials were urging us to carry on with our lives in public as normal at first. We did not want to believe this could happen to us.

- Some people are STILL in denial. Their lives haven't changed that much; stores are still open for food and gas.
- If you don't accept that a threat is occurring, you are vulnerable to it, and you will not take action. The mayor from the movie "Jaws" is the perfect example.
- People continue to attend public gatherings, ranging from church to swinger's parties and everything in between.

2. Bargaining

We've tried to exchange our economy and, in some cases, or civil rights, for safety from the pandemic. This has met with mixed results.

- Some say we are "flattening the curve" through social distancing, but millions are now out of work.
- Civil rights are being attacked as every mayor and governor acts like a king with absolute power, shutting down churches, closing gun stores, banning sales of "nonessential" items, etc.

3. Anger

People are rightly angry about this, and that anger is making them dangerous.

- Public figures like Dr. Fauci are receiving threats (and they aren't helping the matter).
- Everyone you encounter is on a hair-trigger and spoiling for a fight, it seems. This increases the risk of a physical altercation.

4. Depression

Sinking into a depression is a coping mechanism in difficult times like this one. You've got to fight that urge because it will leave to giving up (and dying).

- Activity, self-care, distraction, prayer, and discipline are all coping methods for this.

5. Acceptance

The faster you can work your way through the stages to "acceptance," the faster you'll be able to start preparing (or continue preparing) to protect and provide for your family.

- Preppers already accepted that threats like this are likely, and have been vindicated.
- Accept that we live in a post-apocalyptic world, let go of what you can't change, and work to provide for yourself and your family.

Prepare. Train. Survive.