

# RETURNING Well

## “How do I support those returning because of COVID-19?” April 3, 2020 Webinar

Opening discussion: What support made the difference?

1. Rely on the Holy Spirit. What is He prompting me to do in order to fully rely on Him?
2. Utilize your oxygen mask by putting yours on first before aiding others.
3. Discover the most pressing felt need and respond accordingly.
4. Help them process their recent emotional experiences.  
Process emotions through prevailing memories.

Process emotions through metaphor.

Process emotions through identifying and grieving losses.

5. Support them in developing a vision, moving from reacting to responding  
Open up opportunities through compassion, vision, and engaging strengths.

Release what is out of control; steward what can be controlled.

Consider a debriefing that leads to renewal.

*Additional response to question asked at 54:40:* You may find yourself helping people who have returned to their primary culture and do not yet know if they will return to their host culture. Because of this, they may be wondering, “How do I grieve if I don’t yet know all that I will need to grieve?” What I have found to be most helpful for those who find themselves in this situation is to grieve specific losses as those losses are identified. For instance, returnees already have experienced losses through this most recent return. Those losses may include things like connection to host culture friends, anticipation of the all-staff conference, having a clear sense of purpose, or simply living in their host culture. Encourage them to identify and process these current losses and grieve those items well in this current time. Then, establish the expectation that as further losses become apparent, the returnee will do well to grieve those at that time.

