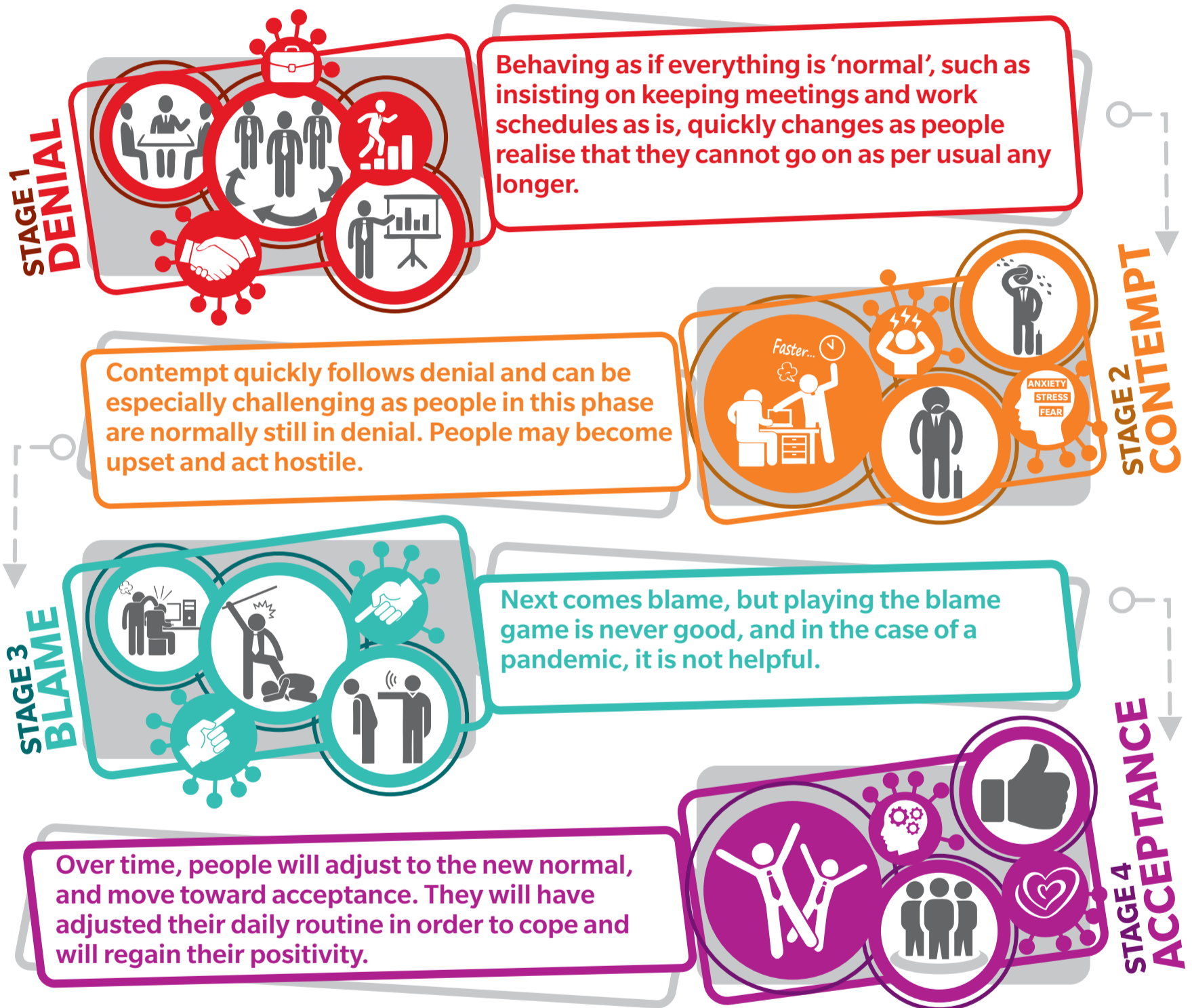


## As Coronavirus Spreads, Society and Organizations Take an Emotional Journey

Just as a pandemic will go through its various stages, individuals confronted by a pandemic will often go through a predictable emotional journey. Understanding this is key to empathizing with others who are at various stages in the process.

### The Emotional Journey



Acknowledging the stages of pandemic development and the emotional response to it can help us move toward the acceptance stage more quickly. Not only will this leave us feeling happier and safer, but also in the right mindset to tackle the challenges of the day with positive energy and a solid sense of purpose.

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