

“For some people, losing a loved one feels like a physical blow. In some ways, it is: the bereaved may experience disruptions in their body – cardiovascular, immune, endocrine and neural systems may all be affected.” – Mary-Frances O’Connor, Ph.D.

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Featuring Special Guest:

Mary-Frances O'Connor, Ph.D.

Associate Professor, Psychology
University of Arizona

Dr. O'Connor's Grief, Loss and Social Stress Laboratory focuses on bereavement, specifically the neurobiological, immune and autonomic responses to grief.

COVID-19 has upended our daily lives, routines and rituals. Now, as the world begins to open back up and we “get back to normal,” life looks very different – especially for those who have lost loved ones. How does your brain and body process grief, and what makes pandemic-era grief different and more difficult?

With one of Arizona's leading research psychologists, we'll discuss how grief can affect the brain and emotions, how it can make you physically ill, and why it may be hard to let go. Dr. O'Connor will answer your questions and share insight on coping with pandemic grief.