



COVID RE-ENTRY ANXIETY TIPS

ON GETTING BACK TO "NORMAL"



You're Concerns Are Valid

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Let's face it, for almost a year and half the world has been under some sort of pandemic lockdown. The reality is that "normal" will never be like it was pre-COVID. However, as vaccinations increase and cases of COVID decrease, it's still important to exercise caution by using face masks & social distancing as we go into the summer months.



Handling Your Anxious Feelings

It's OK to feel what you feel. It's even better to have an action plan when those anxious feels hit or you'll cross over to despair. Your plan might include exercise, connecting with friends - even scheduling a family game-movie-popcorn night.

2



Take It Slow

The world is opening back up again, but that doesn't mean that you need to jump headfirst into large social gatherings right away. Of course, if you're fully vaccinated and are itching to get together with your vaccinated friends, then go for it! But it's also important to be patient with yourself if you don't feel ready for that quite yet.



Practice "Fear Setting"

This is a way to visualize all the bad things that could happen to you, so you become less afraid of taking action. Think of Fear Setting as the opposite of goal setting. Eleanor Roosevelt once said, "Do one thing every day that scares you," and that concept applies here. .

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Talk to Your Employer

If your position moved from on-site to WFH, keeping the lines of communication open with your employer is key! If you liked working from home and you've been mandated back to the office, propose 1 or 2 days per week to WFH.



Balancing Hypervigilance

Remember, life isn't about being a superhero. Some days your minimum is good enough. Also, there is a balance between being careful and all-out hypervigilance. The latter will make you feel less than human. Balance is key!.

6

Embrace Change & Integrate

If one thing's for sure, it's that almost all of us are facing some degree of re-entry anxiety right now. If this is how you're feeling, it's nothing to be ashamed of. Put these tools into action to start overcoming your re-entry anxiety so you can enjoy post-pandemic life to the fullest.

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