





Caring through COVID-19

Returning to the new normal



Anxiety



Depression



Job loss



**Working
remotely**

Range of emotions

- Denial
- Joy
- Skeptical
- Acceptance
- Cautious
- Relief
- Apprehension
- Fear

Our daily life

- Changes will be made
- Family decisions will have to be discussed and made
- Previous functions might or might not be rescheduled
- Living with this “new reality”
- Caution when making plans for the future
- Have patience for the process

What to work on before going back

- Utilize skills before the restrictions are lifted. These will help when you do have to go back:
 - Practice relaxation techniques: breathing, mindfulness, visualizations
 - Journal about your feeling and emotions
 - Have conversations with coworkers about future plans once back in the office
 - Have a plan for how you want to interact with others once back
 - What will make you feel most comfortable?

Visualize going back

- Find a quiet, calm space
- Make yourself comfortable
- Take a few deep breaths
- Close your eyes
- Focus your attention on your breathing
- Imagine yourself back in your “normal” world before COVID-19
- Use your imagination to see your commute, desk, coworkers’ faces

Mitigate the risk of resurgence

- We may still need to practice social distancing:
 - To shake hands or not?
 - To hug or not?
 - To kiss hello or not?
 - Hesitation to go into crowds
 - Keep focus on managing risks

Lessons learned

- Did you cook more often?
- Did you clean your house without help?
- Did you learn to self-groom?
- Did some relationships begin or end?
- Did you connect with nature more?
- How has this quarantine experience changed you?
 - Better – make it a new way of living
 - Worse – if worse, contact EAP for help
- Did you connect with family and friends more often?

For the senior population

- May have lost more friends than the rest of the population
- May have brought more fears of the reality of end of life
- May have the most difficulty of overcoming the fear of socializing again
- May have missed seeing their families

For children

- Tend to be the most resilient
- Will bounce back quickly and move on
- Parents need to let them have their feelings and discuss their emotions
- Most will not need to discuss the pandemic in any detail
- Will enjoy returning to their school and their friends

For couples

- A major change as they were used to being together 24/7
- Allow some time to breathe
- Get used to the “new” routine
- Communicate, communicate, communicate

Returning to the outside world

- Be mindful of over-shopping
- Be mindful of overspending
- Return to the world of sports
- Return to the world of investing
- Allow yourself the time to re-enter slowly

Thank You



**Please contact your Employee
Assistance Program
with any questions**

