Returning to the new normal

- Anxiety
- Depression
- Job loss
- Working remotely
Range of emotions

• Denial
• Skeptical
• Cautious
• Apprehension

• Joy
• Acceptance
• Relief
• 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:
  o Practice relaxation techniques: breathing, mindfulness, visualizations
  o Journal about your feeling and emotions
  o Have conversations with coworkers about future plans once back in the office
  o Have a plan for how you want to interact with others once back
    o 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:
  o To shake hands or not?
  o To hug or not?
  o To kiss hello or not?
  o Hesitation to go into crowds
  o 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?
  o Better – make it a new way of living
  o 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