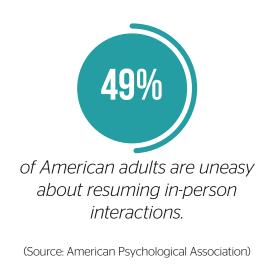
## **5 Ways** to Cope With Pandemic **Re-entry Anxiety**

## WHAT IS RE-ENTRY ANXIETY?

Re-entry anxiety is an overall uneasiness or uncertainty about returning to the way things were before the COVID-19 pandemic.



## WHY IS IT HAPPENING?

Re-entry anxiety can come in many different forms. Mental health experts report there are generally two groups of people who experience re-entry anxiety:



2

spread COVID-19

Here are some common scenarios that can cause re-entry anxiety:

Running essential errands



Returning to work in person



Having dinner with friends



Attending large events

## COPING WITH RE-ENTRY ANXIETY

Different people have different coping strategies, but there are some common ways everyone can cope with re-entry anxiety. If you're feeling anxious as you transition back to your pre-COVID-19 life, consider the following five coping tips:

Start small and gradually build up to larger social interactions.

2. Set boundaries by letting other people know what you're comfortable with.



3. Make a post-pandemic bucket list to shift your thinking from anxious to positive. A lot has changed due the pandemic, but you can focus on the new possibilities.



Do what makes you happy, even if only for a few minutes each day. It's important to regularly engage in something fulfilling for yourself.



Re-entry anxiety can be alleviated when managed in a healthy way. If you're worried about your mental well-being, please contact a doctor or health professional.



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