

# 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.



*of American adults are uneasy about resuming in-person interactions.*

(Source: American Psychological Association)

## 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:

1

Those who worry they will catch or spread COVID-19

2

Those who find it challenging to reengage in social interactions

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:

1. **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.
4. **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.
5. **Take care of yourself** and set aside time every day to relax and reset your mind.

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.

