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.

Nearly **50%** of American adults are uneasy about resuming in-person interactions.

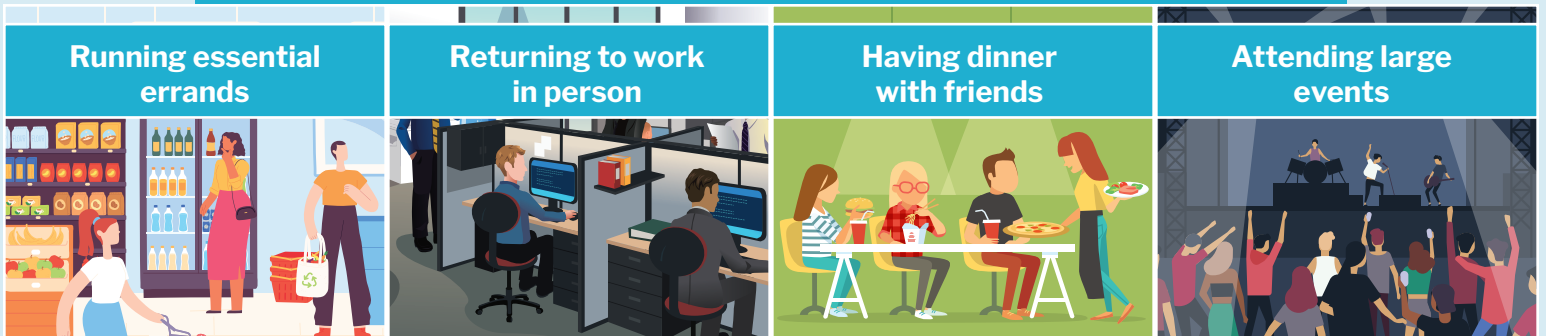(Source: American Psychological Association)

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:

- Those who worry they will catch or spread COVID-19
- Those who find it challenging to reengage in social interactions

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 to 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.

Source: Zywave, Inc.