



## COMING OUT OF THE PANDEMIC : **IT'S OKAY**

Coming out of the COVID 19 pandemic, people's experiences and feelings differ about moving forward. We have been told that everyday activities are not safe, and these feelings, and behaviors, may be deeply rooted in our day-to-day lives. As we reintegrate into an uncertain society, it's important to take time to check in on how you feel. Talking honestly with those around you about your feelings will help in this transition process.

### It's Okay to Feel

- Nervous about interacting with others outside of your social circle.
- Excited and anxious about going back to the office, school or family gatherings.
- Concerned about sharing how you feel and your social preferences.
- Angry about missed celebrations and milestones.
- Happy about future possibilities and plans.
- Jealous or resentful about how others approach social activities.
- Polar opposite feelings at the same time!

### It's Okay to Share

- I am not ready to... but would love to plan something for the future.
- No, I am not comfortable with that.
- I am still practicing physical distancing and not yet ready to (hug, shake hands, go maskless etc.). I'm so happy to see you though!
- I'm nervous (or excited) about hanging out (or going to the office), thank you for listening to my concerns.
- I know you feel differently and I think it is great that we can respect each other's opinions.

### Practice the Healthy Habits of Emotional Wellbeing

- Take Care of You
- Check-in with Yourself and Others
- Engage Friends and Family
- Relax to Reduce Stress
- Know the Five Signs of Emotional Suffering