

EMERGING FROM THE PANDEMIC!

*But someday soon, things will open up. Get back to normal.
Kids around the world, will be free again.
Then you will see, All of your friends, Your family, And everyone.
Someday soon...Ari Gunzburg*

WHAT TO KNOW!

- ❖ Globally, due to the pandemic, people are reporting higher rates of loneliness, anxiety, depression, stress, PTSD, and other psychological pain
- ❖ The pandemic, like trauma, has overwhelmed people both mentally as well as physically.
- ❖ The absence of in-person social connections is well known to be one of the strongest detractors of positive mental health
- ❖ Returning to the work may be quite stressful as employees may questions whether they and their co-workers/students are safe. In addition, they may feel some discomfort of traveling to the office/school, having to get dressed, etc.
- ❖ Recovery from the pandemic involves establishing a personal sense of safety and security
- ❖ Returning to work will require each employee and employer to be understanding, flexible, open, and accommodating as we have all experienced major changes in our lives
- ❖ Personally, everyone has/will have different ways of handling situations and activities; each person must decide for themselves what their risk level and vaccination status are
- ❖ One strategy is to set boundaries; this is critical as places and activities begin to open up
- ❖ In order to set boundaries:
 - ❖ People must decide what makes them feel safe both physically and emotionally
 - ❖ They then need to decide what activities they will/won't do. For example: Will they continue to wear a mask if they have already been vaccinated?
 - ❖ Finally, people need to tell others their boundaries and maintain them if challenged.
- ❖ Another strategy is to reframe your thinking:
 - ❖ Consider how your life was affected
 - ❖ Recognize who and what you lost and missed
 - ❖ Make positive changes: appreciate relationships and other aspects of life

WHAT TO DO!

- ❖ As mentioned above, set boundaries and reframe your thinking
- ❖ Practice mindfulness and experience each moment
- ❖ Gradually have social interactions with people who you think are safe
- ❖ Meet up with family and close friends whom you know have your level of safety
- ❖ Continue to wear a mask and social distance in situations that you think are unsafe
- ❖ Make the changes in your life you said would make when the pandemic is over
- ❖ Seek professional help if you remain anxious, depressed, or lonely

WE PRACTICE TELEHEALTH AND CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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