



Dr. Cheryl's Masterclass



**Coping With
Reentry
Anxiety**



Breathe, Smile, Relax

**"Good Mental Health Is Good Health."
~Dr. Cheryl, LPC~**

During normal times it is normal to feel anxiety from time to time. Now, we are living in an unprecedented time and there are increases in feelings of anxiety. As the U. S. begins to resume social interactions and returning to the workplace after more than a year of living in a less socialized space while trying to cope with raw emotions associated with the COVID-19 pandemic, many people are feeling 'reentry anxiety'. Reentry anxiety refers to the anxious feelings people may feel about reentering spaces outside of the home and there are two types: Feeling anxious about leaving home, and feeling anxious about social interactions.

Here are some *tips that may be helpful to ease reentry anxiety...

- **In both types of reentry anxiety, imagine scenarios of leaving home, and socially interacting with others. This can create a thought map and video that can be replayed over-and-over to help a person develop a level of comfortability.**

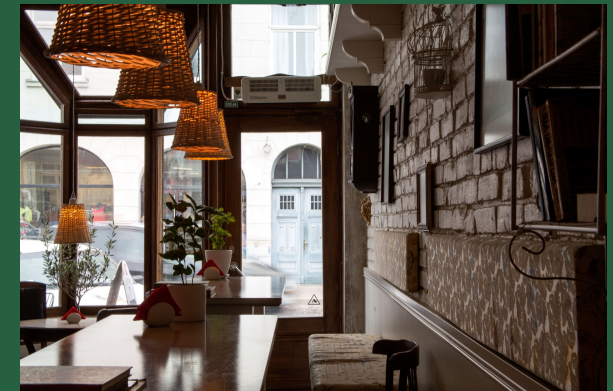
What can a person do to ease reentry anxiety about leaving home?

- **Take a short walk. Listen to your playlist of favorite songs as you walk. Next time, walk a little farther. Repeat.**
- **Take a short drive. Listen to your playlist, or your favorite radio station. Next time, drive a little farther. Repeat.**

***Disclaimer: Tips are for informational purposes only.**

What can a person do to help ease reentry anxiety about social interactions when returning to the workplace?

- **Do a dry run of going and coming, and if possible, briefly going inside. Stand at the window, or sit in a chair for several minutes.**
- **If you have a dedicated workspace, clean, disinfect, and rearrange it.**
 - **Keep a supply of hand sanitizer, disinfectant wipes, and masks available in your workspace.**
- **Become familiar with your employer's COVID-19 safety protocols.**
 - **Buy something new to wear. We usually feel surprisingly good when we put on something new that we really like and think we look great in it.**



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