

# **STRATEGIES for MINDFUL LIVING**

## FOR HOMewood CITY SCHOOL SYSTEM EMPLOYEES

*Courtesy of UAB Employee Assistance & Counseling Center*

## **Fight Covid-19 Re-entry Anxiety**

As we gradually return to the workplace, many of us will experience “normal” concerns about re-entering the workplace. Here are five strategies to assist with managing worries during this uncertain time. Let’s FIGHT Covid-19 re-entry anxiety together!



Focus on things you can control. Feeling out of control contributes to increased anxiety. When a fearful thought enters your mind regarding the pandemic, ask yourself is this something within my control. If not, shift your attention to something you can control like your physical environment. For example, you can decide if you would like to wear a mask around family, colleagues, or friends.



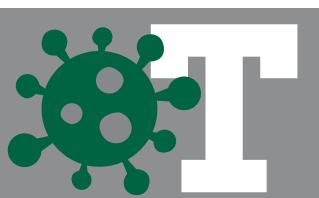
Identify negative thoughts that are catastrophic or predict bad outcomes such as, “I will not recover if I become sick.” For many of us, dwelling on negative thoughts may create intense emotions, which can become overwhelming. It’s also just as important not to ignore feelings because they are yours and make us all human. However, when you find yourself ruminating on bad outcomes take a moment to breath and seek support.



Gather support through family and friends. Connect with loved ones who are in a similar phase of life as you and lean on each other through-out Covid re-entry. It’s always better to go through something with others instead of facing an uphill battle alone.



Highlight adaptive behaviors. Find activities and exercises you can engage in when your emotions are running high like mindfulness, grounding exercises, or deep breathing. Consistency is the key to managing negative thoughts and do not forget to practice daily self-care.



Teach someone else what FIGHT stands for and encourage him or her to reach out for mental health support as needed.

*— Adapted from Kevin Chapman, Clinical Psychologist*