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7 Management Strategies on How to Deal with Re-entry Anxiety and Post-pandemic Stress.

1. Control the Controllables – Focus on what you can control and minimizing what you can't.
2. Practice Deep Breathing – Take deep breaths through your nose and exhale out of your mouth. Repeat this 10 times.
3. Set Healthy Boundaries – Determine for yourself the people, places and things that you are ready or not ready to re-engage with.
4. Exercise Outdoors – Moving and getting a change of scenery can help reset the mind and body.
5. Giving Thanks and Give Back – Start and close each day with prayers of thanksgiving for all the many blessings God has given you. Then, engage in one act of kindness toward another person remembering “it is in giving that we receive”.
6. Laugh A Little – Laughing feels good and it feels even better to make others laugh!
7. Take Your Time – Incremental steps rather than monumental steps are key to healthy re-entry.

For assistance in dealing with anxiety and post-pandemic stress contact Patricia J. LaFave, Ph.D. and Associates, P.C. for professional assistance call 517-782-2442.

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