



# Mentally Preparing for Re-Entry to Society, Work, and School

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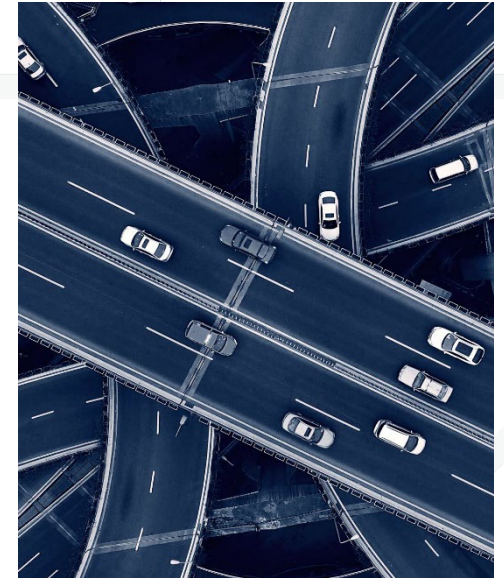
## Learning Objectives

- Driving
- Environmental Changes
- Face-to-Face Communication
- Schedules
- Your Wellness
- The Wellness of Others
- Signs and Symptoms of Mental Health Concerns
- Family
- Questions and Contacts



## Driving – The Playground is Open!

- Subconscious and Conscious activity.
- Get to know your vehicle again.
- Prepare for more vehicles and activity on the road.
- Mentally and emotionally prepare yourself.
- Give yourself some extra travel time.
- Give some grace to those around you.



## Environmental Changes – I'm not at my kitchen table anymore

- Emotional Shifts happen.
- Emotionally prepare for changes.
- Be aware of what “hat” you are wearing and why.
- “Dial down” and be patient.
- Working collaboratively.



## Face-to-Face Communication – were we friends?

- The excitement of “catching-up” might wear off.
- Sweatpants or your tie/fancy shirt?
- We can see each other.
- We don’t know what others are going through.
- Getting used to someone interrupting you (besides your partner or kids).
- Say please and thank you – it’s free, and it’s kind.
- Smile – with your eyes too.



## Schedules – Not this again!

- Role Transitions.
- Re-adjust to 'Traditional' Office Hours.
- Keep an Updated Calendar.
- Avoid Back-to-Back Appointments.
- Include time for You!
- Make 'To-Do' Lists.



## Your Wellness – acknowledge and accept that COVID-19 weight

- Stretching activities.
- Breathing Techniques.
- Get up and go outside.
- Eating healthy food.
- Drinking water.
- Getting enough sleep.
- Do things you enjoy.



## The Wellness of Those Around You – it's not just about you

- Helping others to feel understood and supported.
- Practice Active Listening.
- Your words are powerful.
- Be aware of mood changes.
- Get help if needed.
- Mental Health is as important as is Physical Health.





## Signs and Symptoms of Mental Health Concerns

- Timeliness.
- Difficulties Concentrating or Learning.
- Excessive Worry, Fear, or Sadness.
- Sudden Mood Changes.
- Loss of Interest in Hobbies, Friends...
- Weight or Eating Habit Changes.
- Youth – Beyond Common Developmental Changes.



## Family – they miss you!

- Partners, parents, children, animals – life is changing.
- They might be home alone now – or in a new place.
- You won't have them on hand to help with things.
- Everyone needs time and understanding to adjust.
- Understanding stress, fear, and loneliness is important.
- Brainstorm ideas to help with the transition.



# Be Kind to Yourself – smile, laugh, enjoy, relax



Take time to have fun!  
Laugh, enjoy and breathe.

# Questions

If you have any questions or need to discuss this topic, or others, in further detail, please don't hesitate to call or email.

Thank you!

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