



# Adjusting to a New Normal (Again)

Over the past year and a half, we've experienced unprecedented changes in the way we work, connect and live. On top of the pandemic itself our changing reality was a difficult shift that we had to adapt to. And, now that many parts of our lives have started to or have returned to normal, we're having to adapt all over again.

Change of any kind can feel scary and overwhelming. As many of us have returned to the office and classroom it's inevitable that we're going to have mixed feelings about it. Part of you may be feeling excited and relieved about returning to aspects of pre-COVID life while another part of you may be feeling anxious and stressed about these changes. There's no right or wrong way to feel about this change.

Stress and anxiety tend to accompany change. They exist to warn us, protect us and keep us safe. It has literally been dangerous and unsafe to leave our homes for the past year and a half, and it'll take time for our bodies and minds to let go of these protective responses. On top of that, many of us are feeling anxious about socializing after being in isolation and stressed with the return to the busyness of pre-COVID life.

This month, we'll share resources to help ease the transition, cope with the stress and anxiety, and maintain a routine that works for you.

During these times of change it's important to pay attention to your body and how it responds to stress, take some deep breaths, and bring your focus back to the present. Yoga is one great way to do this. This month, we're sharing a 20 minute yoga video, [\*Yoga For Transitions by Yoga With Adriene\*](#). Try it out to help you ease into the transition.

The following resources are also available to you:

- [Social Anxiety Following Return to Normal](#)
- [Re-Establishing Healthy Routines and Habits in the New Normal](#)
- [Coping with Stress and Anxiety](#)
- [When a Couple Is Under Stress After COVID-19](#)
- [Access free Computerized Cognitive Behavioral Therapy \(cCBT\)](#)

Sometimes, even after trying to reduce our stress and anxiety, we may continue to struggle. If you still feel significant distress and that you are not coping well you may need extra support. Please remember that you are not alone. Reach out to family, friends, co-workers, your supervisor, or any leaders within the organization as we are here to help. You can also speak to our EFAP provider. This service is available not just for our employees but also their partner or family members.

## Canada:

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>  
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play  
PASSCODE: 149301

## United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
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