

Navigating the Bumpy Road to “Normal”

It was March 2020 when everything started to shut down in the US due to the rapid spread of the coronavirus. Jobs, schools, daycare, elder care; all of life was affected. Now, a year later, we may be seeing the first glimmers of hope with the arrival of several different vaccines.

While the physical benefits of the vaccine are a reason for hope and optimism, the emotional health benefits may be just as significant. We have lived in fear of contamination, anxious about our aging parents, nervous about our jobs and saddened by a lack of connection. Just knowing that people are getting vaccinated is likely to reduce our feelings of stress, isolation and fear.

But it's important to understand that the vaccine won't simply erase the pandemic. Vaccinations will take time. We have also built-up months of activities and behaviors that have allowed us to adapt to our pandemic reality. Our old routines will not immediately be available to us. And different people will be at a different comfort level along the way: with the vaccine, with social distancing, with old routines.

Through your Learn to Live programs, you have access to several strategies that can help you navigate this bumpy road back to “normal.” Here are two:

- **Thought Inspection** helps you recognize the unhelpful thoughts that drive your anxieties about health, job and family.
- **Facing your fears** teaches you how to accept the discomfort that comes with identifying and working through your fears.

These are just two of dozens of strategies available to you in your Learn to Live programs. Take a free and confidential assessment to get a personalized program recommendation. Just go to learntolive.com/partners and enter **INTACT1**

There are more strategies and ideas within our programs and webinars. Our Learn to Live coaches can help, too. Navigating this bumpy road back to “normal” will take time and Learn to Live is here to support you.