

Return To Campus Re-Entry Anxiety



**DALHOUSIE
UNIVERSITY**

FACULTY OF HEALTH
School of Occupational Therapy

As our community adjusts to returning to campus, Dalhousie's School of Occupational Therapy @WORK project offers some strategies to help you and your co-workers cope.

Give yourself permission to feel anxious



Mental health commission of Canada. (2021). How to manage return anxiety as the lockdown lifts. Covid 19 tip sheet returning to work. Retrieved from: https://www.mentalhealthcommission.ca/sites/default/files/2020-06/COVID_19_tip_sheet_Returning_to_work_eng_0.pdf

It's normal to feel anxious towards changing to an unfamiliar routine and environment.

What is re-entry anxiety?



Anxiety related to the disengagement of Covid-19 safeguards and precautions as the pandemic calms and communities re-open.

Identify anxious feelings



Recognizing that you are having anxious feelings can be empowering and enable mitigation of those identified feelings.

Ali, C. (2021).

Give yourself time to adapt



Changes are unpredictable lately, give yourself time to adjust and re-adjust your routine until it works best for you.

Ali, C. (2021). Re-entry anxiety: How to adjust to a new, uncertain routine. Beyond. Retrieved from: <https://beyond.ubc.ca/re-entry-anxiety/>

Utilize Anxiety Management Techniques



Resources pertaining to Anxiety Management can be found on Dalhousie's Web page:

https://www.dal.ca/academics/online_learning/tips-to-succeed/stress-and-anxiety-.html Or at Anxiety Canada: <https://www.anxietycanada.com>

Start small and build slowly



Gradually exposing yourself to different elements can help reduce stress and anxiety.

Reynolds, B. (2021). Feeling re-entry anxiety? Expert advice on navigating covid-19 reopenings. UC San Francisco. Retrieved from: <https://www.ucsf.edu/news/2021/05/420581/feeling-re-entry-anxiety-expert-advice-navigating-covid-19-reopenings>.

Manage expectations



It is likely that things will not immediately be the same as they were previously. Allow time for people to adjust and increase comfort levels.

Ali, C. (2021).

Find your meaningful occupation



Engage in activities that will take your attention away from what is happening around you and put you back in a rhythm.

Ali, C. (2021).

Don't hesitate to talk to your healthcare provider.