



Adjusting to Life After COVID-19

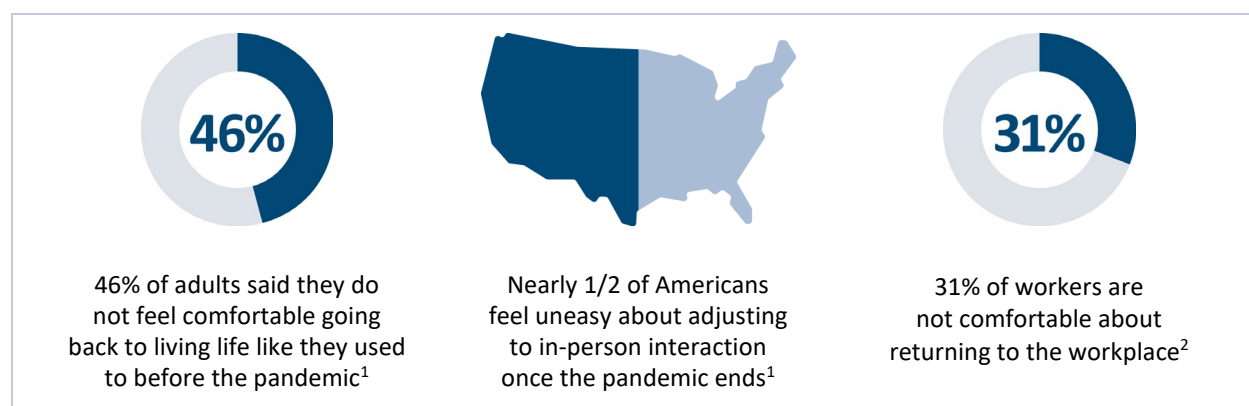
As the UNC System gears up for a return of in-person instruction by faculty and restoration of more normal operations for staff, we know that many will be experiencing a wide range of emotions. Most are relieved that we'll be able to get back to a version of life that's closer to the one we knew before COVID-19, but some of us may also be stressed or anxious about these sudden changes given a lengthy period of disruption.

We want you to know that such feelings are normal and that we're here to help support you. **If it matters to you, it matters.**



Feeling stressed? Click [here](#) to learn seven ways to reduce it.

THE RETURN TO LIFE AS WE ONCE KNEW IT HAS MANY PEOPLE FEELING UNEASY



¹ American Psychological Association Stress in America™: One Year Later, A New Wave of Pandemic Health Concerns

² Conference Board survey

Stressed about returning to work?

We get it. Returning in person is a big change. It affects you and your family. And, it affects how you work too. Whether you're trying to find child care or overwhelmed by how the shift will affect your life or work, we want you to know that there are resources available to help.

The Employee Assistance Program (EAP) is here for you, 24/7

Our **EAP**, provided by **CompPsych**, allows you to talk confidentially with an expert about any life challenge you're experiencing, including concerns about returning to work.

Don't forget Beacon Health has resources too

Beacon Health through BlueCross BlueShield of North Carolina, provides online resources on a

Each UNC constituent institution has an assigned phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free, and most UNC institutions provide additional free consultations. In addition to connecting with counselors, the EAP offers resources including search tools to help you find child or elder care locally via [Guidance Resources](#). Just as you have an assigned phone number, you also have an assigned Web ID (go [here](#) and scroll down to find yours).

wide range of topics including stress and anxiety. You can even find child care resources designed to help you choose quality care and establish a back-up plan—see **“Family Care and Education”** under the Topics section of the [site](#).

FIND OUT IF ANXIETY IS A CHALLENGE FOR YOU

Take an [assessment](#) from Beacon Health. If your answers suggest anxiety is in fact an issue for you, take advantage of the links to resources, trainings, and webinars for support. And, remember the EAP can help with the confidential counseling and online resources described above.

DUST OFF THOSE WORK CLOTHES AND MAKE A PLAN

With everyone being at home for so long, the concept of a morning rush to get out the door is probably a distant memory—unless you have family members you’ve had to help get somewhere. Take some time to think about your personal and work routines and how you’ll need to change them up when we return in person. Adjusting to a new schedule will take time but planning ahead can help to make things less stressful. Remember, the [COVID-19 Resilience Website](#) is here to help you stay resilient through all the changes with a series of web-based resources.

MAINTAIN A VIGILANT APPROACH TO COVID-19 SAFETY

1. If you haven’t already done so, please consider getting vaccinated and consult your health care provider for any questions or concerns.
2. Stay vigilant about personal hygiene practices, including washing hands and avoiding handshakes, even if you’re already vaccinated.
3. Don’t come to work sick or with symptoms that may indicate potential COVID-19 infection. Instead, consult your health care provider for further guidance.

