



RE-ENTRY: What Works When Returning to Campus

Tuesday, September 14, 2021, 12:00 – 1:00 PM

“Change is an event, but a transition is the process that you go through in response to the change.” – William Bridges

Covid 19 has disrupted our lives for a long time and we have experienced loss on many levels both personally and professionally. After navigating such difficult months, it is not surprising that over 2/3 of workers say they have concerns about returning to the workplace.

This big and long-awaited step towards normalcy is likely to cause mixed emotions. Adjusting to new routines, finding dependent and/or pet care, worrying about safety, feeling socially anxious, and learning new protocols are common concerns during this transition.

This course will address how to acknowledge your feelings (and those of others), how to cope with change, and how to manage the inevitable uncertainty.

Register [here](#).

Attendees will:

- ✓ Reflect on how feelings have changed over the past several months
- ✓ Identify common concerns about the future
- ✓ Discuss tips to manage anxiety related to returning to campus
- ✓ Examine potential emotional and logistical challenges around going back to campus
- ✓ Learn techniques to increase optimism and decrease worry
- ✓ Gain perspective around the importance of self-compassion during this transition



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