

How to Handle Your Re-Entry Anxiety as the Pandemic Recedes

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A lot of people have been asking me the same question lately: How can I cope with my re-entry anxiety?

Folks are worried about how to stay safe while socializing; how to discuss their comfort level with loved ones or manage pressure from others to do something they're not yet ready to do; how to deal with other [people they encounter](#) when they're out and about. Some are concerned that their [lives will become too busy](#) or frantic again. Many say their worry doesn't even have a specific focus—it's become an all-encompassing, global [anxiety](#).

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