



# Moving Forward: Transitioning to Your Next Normal

## Why we're feeling stress

What are the biggest stressors people are experiencing in the workplace?

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*"To navigate this transition skillfully, we all need a high-degree of self-knowledge and self-compassion. We'll need to recognize the warning signals when our threat response is getting triggered and give ourselves the time and space we need." —Dr. Cortland Dahl*

## Manage emotions

- Identify what you're feeling
- Engage with supportive people
- Practice stress reduction techniques

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## Build resiliency

- Practice compassion
- Look for possibilities
- Engage in self-care and nourishing activities

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## Tips for managing your new normal

- Evaluate your feelings and thoughts
- Address your concerns
- Explore your options
- Share your opinions
- Be supportive, flexible and adaptable

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## When it might be time to seek help

- Not sleeping well or sleeping too much
- Conflict in primary relationships
- Trouble focusing
- Using substances to cope
- Feeling increasing despair and/or anxiety
- Isolating (vs. social distancing)
- Changes in appetite
- Thoughts of self-harm

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## Food for thought

*"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort." —Deborah Day*

*"Be present. Be kind. Compliment people. Magnify their strengths, not their weaknesses. This is how to make a difference." —Marcandangel*

*"The gem cannot be polished without friction, nor man perfected without trials." —Chinese Proverb*

## Take away

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