

# NAVIGATING THE NEW NORMAL



The COVID19 pandemic has dramatically and unexpectedly changed the landscape of how we go about our daily business.

Change can be difficult because it can challenge how we think and work, the quality of our relationships, and even our physical security or sense of identity.

**Here are some practical ways you can help yourself to respond effectively to change:**



Focus on what's in your control



Acknowledge your thoughts and feelings



Connect with your body and physically move



Engage in the present moment

If you're feeling overwhelmed, or haven't been feeling like yourself, it's important to ask for help, emotionally and practically. You can seek professional help from your GP, or contact us as your EAP Provider and speak to one of our professional and experienced counsellors.



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