

Adjusting to Your New Post-coronavirus Normal

The coronavirus will continue to impact how we work, shop, eat and travel. As the threat of the coronavirus shifts, Americans are figuring out how ever-evolving guidance shapes their behavior.



Curbside pickup

Social distancing



Mobile ordering or online shopping

Limited travel



Face coverings

Virtual learning



Hand hygiene

Remote working



To have a fighting chance against the coronavirus, everyone needs to sacrifice and develop a coping mindset. Consider these strategies when adjusting to your new normal:

Focus on what you can control.

Focusing on the actions of others will only fuel frustration and stress. Instead, focus on what you have control over, such as washing your hands, wearing a mask and practicing social distancing.

Adjust expectations.

It's important to approach your new normal with flexible expectations. Just as coronavirus guidance is ever-evolving, your expectations should shift and match reality.

Be kind.

Inside and out of the home, be accepting and polite to others as everyone may be feeling stressed during the pandemic. Collaboration and compassion will help you connect with others.

Find a routine.

As the pandemic seems unpredictable, setting a routine for yourself can help you stay productive and active. Schedule time for physical health, social connection and stress relief.

Set boundaries.

Not everyone is navigating the pandemic the same way and may have different viewpoints on protection measures. Respectfully set your boundaries with family, friends and co-workers.