YOU ARE BACK !! NOW WHAT?

A GUIDE FOR ANXIOUS INTROVERTS IN THE NEWNEW NEW NORMAL

Small Talk

That colleague you haven't seen in a year feels just as awkward making small talk as you do.

Let's remember to be kind to each other, and to ourselves.

TAKE THE VOW

Be kind to yourself and others.

Let's all vow to not judge each other as we make our way safely back to campus, with or without masks, or as we walk around the office with sanitizer in hand.

Acknowledge

Acknowledge that being around more people may make you feel anxious.

This anxiety is normal and may be felt by others around you.

How to support

Now may be a time to think about how you can both give and receive support within your work environment and your other social circles.

SET UP A SKYPE LUNCH.

It's reasonable to feel sad if you are now seeing a little less of your family than you were before.

Consider setting up some skype lunches with family members – remember, you aren't going to be QUITE so sick of zoom in the near future.

YOU ARE BACK !! NOW WHAT?

A QUICK GUIDE TO USG WELL-BEING RESOURCES

https://www.usg.edu/well-being

HEALTH MANAGEMENT

Rise above health issues with preventive care and daily well-being events

Enjoy daily events or tackle challenges with a health coach

STRESS MANAGEMENT

Take a Break from Stress
Stress is unavoidable. Mental health should be a daily practice. You have telehealth options.
KEPRO= 4 free counseling sessions per issue; available 24/7 and 100% confidential
usg.mylifeexpert.com | company code: usgcares | 844-243-4440

HEALTHY EATING

Eat a diet rich in fruits and vegetables. Choose fiber-rich whole grains

Try to eat less than 1,500 mg of sodium per day

Eat at least four servings a week of nuts, seeds, and legumes

FINANCIAL WELL-BEING

Register for 2021 USG Well-being events and earn up to $ 100 credit

Take control of your finances in 2021 and enjoy weekly live well-being events

www.usg.edu/well-being/events

PHYSICAL ACTIVITY

Enjoy fresh air and join GC Walking Wednesdays!

Meets every Wednesday at 9am beginning August 18th and every Wednesday after. Meet in the courtyard by the campus Chick-fil-A

Walking outside has major health benefits for your body and mind

It not only lowers your risk for heart disease and cancer, but it can prevent memory loss and improve your mood.