Returning to Campus: Tips to ease anxiety

As you prepare to return to campus, be sure to review Penn’s health and safety protocols, guidelines and resources. Having the right information can help you feel more calm and in control. Reach out to your HR Director for specific questions.

Following these tips can help ease the transition:

- **Accept the discomfort of uncertainty.** Reframe distressing thoughts with constructive thoughts.

- **When anxiety rises, resist the urge to turn to “comfort” foods or drinks.** Instead, get up and move—moving your body is one of the best ways to dissipate stress hormones.

- **Respect different coping styles.** You may feel that others are over- or under-reacting to the pandemic.

- **Keep finding ways to connect with others including those returning to campus.** Think about making a date to take a walk outside in your off hours, for example.

- **Review new routine and changes with your family.** Discuss what changes you could make to help keep everyone feeling less overwhelmed.

- **Remember the positives.** It can be reassuring to once again share the camaraderie of colleagues, for example.

- **Recognize an adjustment period as you return to campus.** Accept it will take time to adjust to the “new normal” way of doing things.

Reach out to an Employee Assistance Program Professional if you need help navigating your return to campus.