

# EASE YOUR REOPENING

Follow these tips to navigate reopening from the pandemic with good mental health:



- ✓ Temper your expectations
- ✓ Make a plan
- ✓ Focus on gradual, incremental change
- ✓ Give yourself leeway
- ✓ Respect yourself and others
- ✓ Practice acceptance, forgiveness and grace
- ✓ Think positive



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