

Self Care: Transitioning from Virtual to In Person Work and Learning

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Many of us may be still adjusting to the transition from virtual to in-person work or college activities. It has been nearly over a year since many of us have returned to our offices or in the classroom. The transition to what may seem somewhat unfamiliar is now once again becoming our norm. Some of us have or are still experiencing anxiety and stress as the pandemic continues affect our lives. Our feelings are real, so how do we manage our self-care in the midst of such a transition? To navigate it, I have listed some tips for self-care.

Be graceful with yourself and others. Be patient and understanding with both yourself and others as we become acquainted with new norm in the workplace and in the classroom.

Build stress resistance. Breathing exercises, meditation, and physical exercising can help you resist stress.

Rethink the way your office and learning space looks and feels. Expect things to look and feel different. The way your office or learning space may have looked before the pandemic may need a makeover. Feel free to readjust, redecorate, or simply add a plant in your office/learning space to change it up a bit.

Manage your worries. Think about ways you can manage a problematic situation. Control the situation to the extent that you can by choosing to do things that will continue to preserve your safety. Also, manage your expectations toward others.

In-person learning is a social pursuit. A return to the physical space of the classroom may mean that students need to re-consider social interactions and re-learn how to manage in-person relationships.

Open communication is key. Communicating with professors, classmates, and colleagues about your stress and your feelings is important. In fact, other people may feel the same. Whether it is talking to professors, fellow classmates, colleagues, or seeking guidance from mental health professionals, communicate your feelings.

As we continue to adjust to the workplace and to the classroom, take care of yourself, give yourself some grace, and above all be safe.