

# 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.