



Life After Isolation



It has been a time of uncertainty and adjusting to a new way of life. With restrictions being modified or lifted, it may bring about hesitation and anxiousness with how to navigate different situations. This worksheet aims to explore some situations and plan for how you can manage them.

What is the new normal?

- Three things I am looking forward to after isolation?

We're in the same storm, not in the same boat

- What are five strengths of mine that can help me reintegrate?

Social skills are called skills for a reason

- Which skills would you like to work on?

Social skills continued...

- Note what was different and ask a friend/family member/formal support for assistance with it next time:





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Establishing hygiene boundaries

- Write about changes to your hygiene practices since COVID:

Hygiene boundaries continued...

- What is healthy and what might be too much to continue in the future?

Exploring our changed routines

- What have I come to enjoy about isolation that has surprised me?

What will I miss? How can I be strong?

- What can I do to cope when I am missing the positive changes that occurred?

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Lived Experience Telephone Support Service

1800 013 755



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