

# LIFE AFTER COVID

As COVID-19 restrictions start to lift, many families are left wondering; *how do we adjust back to "normal" life?* Safe At Home encourages families to have open discussions about their needs, concerns, and hopes, as life post-COVID begins to feel like a reality - and as we navigate the long-term impact it had on our well-being.



**WHO I CAN  
TALK TO**

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**WHAT I'M  
NERVOUS  
ABOUT**

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**WHAT I'M  
EXCITED FOR**

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**HOW WE CAN  
STAY SAFE**

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**WHAT WE  
EXPECT FROM  
EACH OTHER**

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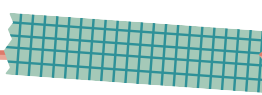
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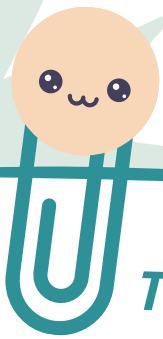
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**Trauma is a distressing or disturbing experience that causes a person to feel fear for their physical and/or emotional safety.**

For many, COVID-19 was the first experience with a global pandemic that seriously changed their day-to-day life. COVID-19 created a sense of fear, sadness, uncertainty, grief, and nervousness.

As vaccines and an understanding of COVID-19 prevention increase, many people are beginning to feel a sense of normalcy returning. For some, the feelings around experiencing this global trauma may still remain - and it can take time to heal and move forward. If you or your child continues to experience feelings associated with trauma, you are not alone!

For more information, including resources and activities on coping with COVID-19, please visit [joetorre.org/resources/](https://joetorre.org/resources/)