



Be in the Know...Be Well!

June 2021

The Pandemic: A Guide to an Anxiety Free Introduction, Back Into Freedom

As the pandemic continues to feel like it controls our freedoms, it is challenging to recreate our stories as restrictions are slowly lifted. Is it okay to eat indoors? Do I feel comfortable having my child go into school five days a week? Can I go on vacation? Questions we never thought of, are hard to answer when our “normal” way of living has been stripped from us for over a year. In this month’s newsletter, I hope to support these difficult decisions we are all facing, by connecting to **vulnerability** and its potential to find a new balance that can bring joy into our daily lives.

When thinking of these challenging decisions, it is important to remember that there is no right or wrong answer. I invite you to stop and take a moment to decide what feels best for you and your loved ones. Ask yourself:

Will I be and feel safe?

Is this something I need?

Will it bring me joy?

Will it impact the wellbeing of others?

If you answer those questions with courage and honesty, you may find that your decision will come to you naturally. Once you have made your decision, see if you can feel joy knowing that you allowed yourself to be vulnerable and trust yourself, then, take action!

Thinking of your decision, it can be approached in two ways: in small steps or by ripping off the bandaid and completely throwing yourself into it. Either way, be sure to check in with yourself throughout the experience. Notice how you are feeling and see if you can connect to the freedom you created by being vulnerable and taking action. If you begin to notice discomfort, pause and take a few deep breaths. Remind yourself of the four questions you asked yourself in the beginning of this process and answer them. Still not feeling safe? Take a break from the experience and start from the beginning. The next time you attempt to get out of your comfort zone, break it up into smaller steps like setting a goal to spend five minutes inside of a store versus going to the mall on a Saturday afternoon.

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In setting your own personal goals, to support your own comfort, the journey of seeking this new balance, might perhaps bring about emotions of ***grief*** and ***loss***. The Pandemic was the start of loss of plans and loss of freedoms. The loss of what was supposed to be, or the loss of what we had hoped for, was taken away from all of us, in many different sizes and ways. Grieving these losses are natural. To honor the pain of losses, is an encouragement to allow yourself the permission to grieve any loss, no matter the size. Grief is different for everyone and is a cycle. The cycle changes overtime, and in no particular specific timeline. Some may experience anger and denial, while others experience sadness.

In conclusion, there is no one size fits all when it comes to finding your courage to re-experience activities that have been foreign for many of us. What is most important is facing vulnerability and looking inward, recognizing your limits and setting realistic goals that will support your reintroduction into a restriction free life.

Until next time,

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Sofia has over ten years of experience working with children, adolescents and adults in school and clinical settings. She uses a person centered approach that focuses on Mindfulness, Positive Psychology and viewing the client holistically. As a Therapist at Be Well Psychotherapy, Sofia meets the client's needs by creating a safe space for them to find their inner balance and create joy in their day to day experiences. Sofia specializes in anxiety, communication skills, goal setting and building self-esteem.