

Returning to a New Normal

Thursday 27th January 7-8.30pm

A free public webinar hosted by the Auckland branch of the New Zealand Psychological Society.

For many of us, having been physically distanced for months-on-end through an extended lockdown, we may be hesitant or ambivalent about reconnecting.

There may be questions in people's minds about the rules of engagement. We may want connection but fear exposure to covid-19 and freeze at an impasse. We may experience re-entry stress and dis-orientation as we enter a different reality to that which we left when we hunkered down months ago. Most of us are questioning what a re-entry to a New Normal entails for the New Year.

We are a species wired for connection, so what impact does reconnecting after an extended period of isolation have on different sectors of society? The concerns can vary depending on the contexts we find ourselves in.

- Parents of young children may be wondering about introducing their children to more social connection than they had during lockdown.
- Parents may be anxious about children going back to day-care or school, or there may be challenges with managing the dynamics at home that have emerged during lockdown.
- Many workers may be concerned about re-entering the workforce questioning the rules of engagement.
- Older adults, already feeling vulnerable about their health, may have become more socially isolated during lockdown which can lead to periods of depression or low motivation to stay connected.

This online event will feature a panel of psychologists addressing the different dimensions of these new challenges to society in a unique time of reconnection after prolonged disconnection.

- Under 5's – Rachel McLeod
- Family dynamics – Dr Ruth Lawson-McConnell
- Work environment – Jonathan Black
- Older adults – Dr Chris Stephens

This event will not be tackling the issue of whether or not to get vaccinated, or vaccine mandates.

Tech details:

The event will be hosted in a webinar format, meaning that attendees will not have microphones or cameras switched on, but can submit questions to the panel using a Q+A chat box.

There is a maximum of 500 attendees, so anyone trying to enter after the limit has been reached unfortunately won't be able to join.

Click on the following link to access the event. You don't need a zoom account to attend.

<https://us02web.zoom.us/j/83820794528>