

**STRONG<sup>4</sup>LIFE™**



# Preparing for reentry during COVID-19

Just as we've had to settle into this new normal, we now have to return to some semblance of regular life. So much has changed over the past year, and you might be thinking, **"How do we go back to the way it was before COVID-19?"** We will never forget how COVID-19 affected our lives, but we can allow it to change us for the better. Start preparing now for your transition back to your usual routines.

## Stop, Start, Continue

Flip this card over and try the Stop, Start, Continue exercise to help you renew your commitments and find joy in the old and new.

**Stop:** List any unhealthy habits you've adopted during COVID-19 that you want to **stop**, like excessively watching TV or neglecting your workout schedule.

**Start:** List any routines you want to **start** doing with joy, like going to the gym or shopping for healthy food items at the grocery store.

**Continue:** List any practices or traditions you've created during COVID-19 that you want to continue, like spending more quality time with your family or walking around your neighborhood.

**Post this card somewhere in your home or classroom—on your bathroom mirror, fridge, computer monitor or other visible spot—to remember your commitments as you shift back to normalcy.**

STOP

START

CONTINUE