
HAVE WE REALLY ACCEPTED THE NEW NORMAL?

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Pandemic equals to confusion, anxiety and uncertainty. We have lot of questions going in our mind. People are confused the phase we are saying “new normal” is it really “Normal” at first place? Lot of people are struggling for there basic needs; is it normal? And on the other hand this “new normal” is our reward our hope that we are dealing with situations better. They are motivated to adapt to the current situation. Adapting to the change happening in major areas of the life. We are sure of the things that adapting to this new normal is definitely challenging. Be it planned or unplanned, gradual or sudden, change is inevitable and very much part of being human.

The COVID-19 pandemic has changed, and will continue to change, the world and the way we work, rest and play. I might sound negative when I ask you this, “ do u think we are going to go back to normal after this such long period of pandemic and lockdowns? I might be making it negative but no our lives are definitely changed. We are definitely not going completely back to what we had as normal.

We have to start being little innovative and bring newness if we really want to adapt to “New Normal” after this pandemic is over.

So, what is this new normal? Why are we still struggling to accept this new normal even after a year?

The answer is yes... Our routines; our have to be list has changed; Masks and gloves are necessary like key of our house; standing in line waiting for turn has become normal; Social distancing has become regular term; we are scared of common cold and fever also; Holidays, school and work has become virtual.

The theory of environmental analysis come up with different ideal lovy in 1987 for US army war college and has given different outlook to this battle zone conditions. They talk about VUCA (volatile, uncertain, complex, ambiguous) world to a corporate setting (Pringle, 2020).

V for VOLATILE

Definition: Likely to change suddenly and unexpectedly, especially by getting worse.

- We are sure about availability of food and essential supplies which has put us in volatile state.
- The situation where people were not sticking to the rules of lockdown and containment zone had made its even worst.

Definition: Likely to change emotional state very suddenly, especially by becoming angry.

- Because of such sudden change anger outburst and emotional burns outs are natural which made people's work life difficult. Lot of people were not able to manage with work and home life.
- Sudden changes in persons temperament makes the person most uncertain and unreal

TIP : only stability can help us to deal with volatility

U for UNCERTAIN

Definition: Not knowing what to know or believe, or not able to decide about something.

- People are uncertain and hesitant to take small decisions like if taking pet out for walk is also ok.
- People are not sure if I should wear mask or not
- Definition: Not known or fixed, or not completely certain
- People's jobs were at stake. Lot of people scared for losing job.
- We don't know what our government will decide for us tomorrow .

TIP: Only certainty can deal with uncertainty.

C for COMPLEX

Definition: Involving a lot of different but related parts.

- It is not easy to process that the information given.
- It is not easy to understand who is perfect for which job and whom to approach

Definition: Difficult to understand, explain or find an answer to because of many different parts.

- Lockdown is a complex we don't know how to deal with it.
- The data around COVID-19 is very difficult to process

A for AMBIGUOUS

Definition: Having or expressing more than one possible meaning, sometimes intentionally.

- When our CM or PM address us or resolve our questions we don't know what to understand and take it from it. It has multiple possible definitions.
- The words and solutions given by them are so ambiguous that makes us more confused.

Definition: Difficult to understand because of conflicting or opposite facts or characteristics.

- The information given is ambiguous and could be used to draw different conclusions.
- The situation is ambiguous and there is no clear solution.

Conventional old school wisdom: Counteract ambiguity with clarity.

When I say; "I am used to of work from home now?" or "I m used to life without malls; restaurants." "I can manage without going out." I want to ask these people are you consoling yourself; is it a false assurances. Because if you are ok about work from home then why you get angry with kids when they talk around? Why we wait for malls and restaurants to open and we tell our friends that let the lockdown open we will definitely meet. So have u really accepted the new Normal.

So what we really need to do to accept the reality in more healthy way.

1. **It's ok if you miss your "old" normal**

We are humans and definitely it's natural that we miss our old days. We will feel loss. Our routine have changed; plans have changed; we don't know what we should do next then definitely non of us will like covid -19. We will face anger ; denial even depression or anxiety sometimes but as we start accepting and adoring to new normal we will start feeling better. But yes we might definitely will miss what we had.

2. **A new routine**

Routine helps us to give some sense of control and make us feel less chaotic. We can be creative in our way according to our comfort to make this new routine.

- You miss your gym and yoga. No problem everything is online available. Make a space in your for online home based health program.
- You miss your first coffee with your office colleagues; no problem make your own coffee and enjoy it completely mindfully while checking your targets for the day over mail.
- Miss your regular food time with friends; no problem Order takeaway and connect via Zoom.

Above all, be flexible when it comes to finding your new routine...let's remember that these are challenging times!

3. **Write how u feel...**

Acknowledge how you feel. Try to understand your thoughts; feelings; your experiences about lockdown; pandemic. It will work like wonderful book after pandemic is over.

Write about positive experience; don't forget to be thankful for whatever good happened. That works as motivation in when we feel low during pandemic.

4. **Create a space inside your house**

Whatever we have we have it between the 4 walls. We have to start spacing things. Work place; study place ; resting place. We have to make boundaries. Don't sit in your panjamas in your work place. You will feel only sleepy and not motivated to work.

5. **Stay connected in new ways**

Social connecting can sooth our Social distancing does not mean social disconnecting In the new normal you can still connect with family and friends - just in different ways!

It does take a bit of creativity though, there are different online sites to get creative and social virtually.

6. **Create and find reason to smile**

It is challenging to adapt to new normal. We have to start acknowledging small small things. Small victories; small things that made you smile. Treat yourself for that small happiness.

7. **You deserve a break**

A break from routine can work as reward. You deserve and own this break. Don't stress yourselves. Make realistic plans and goals. This a very difficult; different and extraordinary time so take a moment for your self.

- Don't expect a clean and tidy house when everyone is home. It's ok so adjust to this expectation. It's ok if your house is mess when your are in your work time.

- It's ok to order from outside sometimes. It's ok not to wipe floor of day if it's not to unclean when we are struggling with work from home; online school and household work; you can't expect to do everything at its best. You are not robots.

8. Use media wisely

We have to know about covid 19; pandemic; new rules for lockdown. But binging over news can be depressing and anxiety driven specially during pandemic.

Even one false information can harming and overwhelming.

Get your information only from reliable and reputed sources.

Last but not least be gentle and be kind to yourself. **Give yourself the space and time to grieve, to celebrate, and to feel every emotion in between, during this challenging time.**

We can party; travel and even have fun if we accept and understand the pandemic.

REFERENCE

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