



June 2020

## **6 Lessons We Learned During Lockdown That We Can't Forget After It Ends**

*By Perpetua Neo, DCLinPsy*

Lockdown is starting to ease in many places, but things have changed. We're seeing people wear pool noodles as hats and zoos fill seats with stuffed toys to enforce social distancing. There is an air of unease and hypervigilance.

And yet, we're excellent at lying to ourselves, filing lockdown days away as The Past. But true integration isn't about creating a mental chasm between "then" and "now." Beyond the obvious of continuing our better hygiene standards, I invite you to reflect on the lessons

we should not forget as lockdown lifts.

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