

# Improving Social Skills In Post-Pandemic Life

Posted by [Sabrina Norman](#) On 08/30/2021



During the pandemic, most social plans were put on hold as most people had to abide by quarantine and lockdown measures. Now, after more than a year indoors and with most social interactions limited to those taking place online, most people's social skills are a little rusty. It's normal to be feeling a little asocial and anxious when confronted with the possibilities of meeting people face to face once more, and most experts agree that it takes time to improve our social skills once more.

Fortunately, our social abilities are usually fairly resilient, and reports from areas where Covid-19 has had less of an impact suggest that it won't take long to get back to some semblance of social normalcy. Still, some issues are to be expected, and it may take some practice to get back into the swing of things. To help you make sure your upcoming social interactions go to plan, we've made this guide on how to improve your social skills in a post-pandemic world.

## **Gently Get Back Into It**

Although the prospect of being social again might be exciting, it's best to take things slowly at first while you get used to being around people once again. For many people, it can be easy to become overwhelmed if you pack your calendar too quickly. Even brief social contacts with the closest of friends can be draining at first if you're not used to it. People have been on high alert for the past year, being told to avoid crowds and huge groups of people, and this can mean that getting back into crowds can be a bit mentally exhausting. Lots of people find that playing games with friends in an online setting can help them get back into socializing with others. Try out some online casino games and make the most of [Michigan casino bonus codes](#) so you can enjoy spending time with your friends.

If things are moving too quickly for you to cope, you can always dial things back a bit until you feel more comfortable. At the same time, you shouldn't necessarily shy away from situations where you feel a bit awkward. Be sure to pay close attention to how you're feeling at all times and listen to your feelings. Remember that social isolation can be linked to health problems, so be sure to check in with a doctor if you're feeling unwell.

## **Don't Be Afraid of Awkward Moments**

Some awkwardness is normal when you first get back into attending social events and meeting people once again. Even if you're meeting up with friends, you can expect things to be a little awkward at first, considering you haven't seen them in many months. The thing that's important to remember is everyone is likely feeling the same, which offers a chance for bonding and humor.

It's an advantage that this has been a worldwide experience as it means that everyone else is in the same boat. As a result, there are plenty of jokes you can crack about the situation and how you feel like you're learning to walk again.

## **Communicate Well**

If you've been relying on facetime and Zoom to communicate with your friends and family for the past year or more, you may have forgotten a few basics of communication. Remember that body language and eye contact are always important when speaking face to face. You should also make sure you communicate well about your plans with your friends.

Before establishing plans with a friend, find out how comfortable they are in social situations. Would they want to ease into a shorter, one-on-one meeting, or would they prefer a daylong event with a group of friends? Be sure to respect how others are feeling, as some people may have more anxiety than others. Even if you feel confident to jump straight back into social situations, your friends may not share your sentiment.

