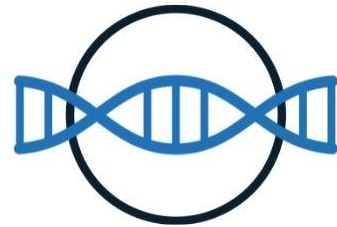




Dr. Jennifer Yashari
Psychiatrist &
GNE Myopathy patient



Carol Gelbard, LCSW
NDF Emotional
Wellness Director



**GNE SYMPOSIUM
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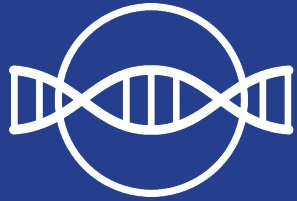
“Managing Re-Entry Anxiety as we Gradually Emerge from the Global Pandemic”

Friday, July 23rd 2021 • 10am PST

An Overview of what to expect in this talk:

- Review findings in APA stress survey
- Identify stressors and challenges related to the GNEM population during COVID
- Identify strategies to cope effectively with re-entry anxiety with those living with GNEM and their support care network
- Explore ways to build resilience during the wake of the pandemic (what did we gain/learn)





GNEM SYMPOSIUM SPEAKER SERIES

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Speaker Series #72321

Dr. Jennifer Yashari & Carol Gelbard, LCSW

FINAL HIGHLIGHTS:

**“Managing Re-Entry Anxiety as we Gradually
Emerge from the Global Pandemic”**

Key Takeaways

1. The pandemic’s impact on one’s mental and physical well being
2. Gradually go into introducing activities when you feel your tank is full
3. Use tools to help you track how you feel
4. Implement strategies to help you cope
5. Seek out support and help when you feel your anxiety is interfering with your ability to manage your daily activities

