



Speaker: Jeremy Hollow

Company: Listen & Learn

Anticipation to Anxiety:
catching the wave of
post-COVID Life

Your AURA Host: Tom Kerr

15th September 2021

ANTICIPATION TO ANXIETY

CATCHING THE WAVE OF POST-COVID LIFE

July 2021

Life is about to change...

Photo by Jan Tinnenberg on Unsplash

“ I'm scared of the pandemic, I'm scared to go out of the pandemic.



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CONTEXT: ME, MYSELF + I MEET PANDEMIC PAM + EAGER ED



Photo by Dariusz Baskar on Unsplash

“ This pandemic has been weird. It has seriously disrupted my PhD progress (re: financial worries at start of 2020), but it also opened up other research & teaching avenues i never thought possible. It forced me to get creative. I will always be grateful for that.

Photo by Darius Bashar on Unsplash



“ The people I know who are scared of things going back to normal too soon are scared because the pandemic and lockdown took everything from them not because they have a desire to hide away forever.



“ Since the pandemic began, I've had soooo much time to myself which has been great. And I've also been able to spend time with my family as we've been mostly working from home. ...actually have days where I do absolutely nothing and sometimes I need that.



Photo by Johnny Cohen on Unsplash

“ I actually have plans to start horse riding again once the pandemic is over.

I haven't ridden a horse since I was 11 or 12, but the sense of freedom you get from it is so good and I miss just going out for a ride in the countryside and enjoying the weather and cantering over fields.”

“ My baby was born in a pandemic and has just celebrated her first birthday on Monday in a pandemic. I can't wait to be able to show her the world!



Photo by Marcin Jozwick on Unsplash

“ I can't wait to get back to normal which is Pre-pandemic times, NO social distancing, NO masks, NO restrictions whatsoever!!!!

After this wretched year is over I'm looking forward to never hearing the words "social distancing", "covid safe" and "Alex Salmond" ever again.



Photo by Philip Martin on Unsplash

CONTEXT: FRIENDS + FAMILY

MEET KILLOY KAREN + DIGITAL DAD



Photo by Matthew Henry on Unsplash

“ This pandemic has shown us how much we've taken for granted and how precious it is. I'm so looking forward to being able to travel and meet family and friends again and wrap them in huge hugs 🤗



A photograph of a white rectangular sign with the word "CLOSED" in bold, black, sans-serif capital letters. The sign is suspended by two thin, light-colored strings. It is positioned in front of a window with horizontal blinds, which are partially open, allowing some light to filter through. The background is slightly blurred, showing the window frame and the blinds.

CLOSED

“ We’re 3 months in 2021 and even tho the end is in sight for covid I’ve made about 14 different plans to go out on June 21st and have said I’ll travel to about 15 different countries in 2022 fml.



“ Got shouted at today for wearing a mask outside because “there have been 0 covid deaths in London in a week” and told to stay home if I am scared.

“ In-person dad is way better than digital dad.

Photo by Erika Giraud on Unsplash



“ Going out to a restaurant with my extended fam and it's my first time seeing them since pandemic Ye you bet I'm excited to give my grandma a hug.



Photo by Vidar Nordl-Mathisen on Unsplash



“ This weekend I will finally go
a beer garden.
Worked hard though the
Pandemic.
Need something thumping
and Loud.

Photo by Sam Barber on Unsplash

CONTEXT: THE WIDER WORLD

MEET NERVOUS NAOMI + HAPPY HARRISON



Photo by Chris Montgomery on Unsplash



Photo by Sandy Ravdonnina on Unsplash

“ Officially my last day of WFH after nearly a year and a career move thrown in the mix 📅

After many highs and as many lows navigating WFH in a pandemic, I'm eager to get back to school corridors and the bustling classrooms 🎒 A new adventure awaits.”



Photo by Eduardo Alexandre on Unsplash


“ The thought of working in an office again fills me with anxiety and dread. I have never worked better, faster and enjoyed work more until Covid tbh.



Photo by Israel Andrade on Unsplash

“ The amount of people I speak to who are dreading things going back to how they were pre-Covid at work post Covid, me included.

So many people have got a much better work life balance now, & have proved this flexible model works!



“ I hope virtual conferences and seminars will still be around after the pandemic, even though I do look forward to meeting people IRL again soon!!

“ I’m so excited to be going back to college in September. I’m gonna be doing everything I wanted to do and doing it right. No one bringing me down. I’m looking forward to starting my life again. Having my own place. Having a social life.

Photo by Ronan Kruitrof on Unsplash



“Had a text from my boss earlier asking if I was free in the first week of June for a reunion. We used to meet every month before covid and I am SO excited to see them all again! Feels so strange but wonderful to be able to make real plans again!!”



Photo by Priscilla Du Preez on Unsplash

WHAT NEXT?

SUMMARY + CONCLUSIONS



Photo by Clark Tibbs on Unsplash

“ I constantly both crave and fear it these days.

At least before Covid, I usually knew whether I wanted to socialise or not; now I have no idea until I am actually doing it.





Photo by Paolo Bendandi on Unsplash

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RESEARCH

THANK YOU

Questions?

If you'd like to find out more please contact:

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