

## COVID-19:

# Returning to work

## Tips to ease anxiety



As you prepare to return to work, first find out what your employer is doing for the health and safety of employees. Having the right information can help you feel more calm and in control. Reach out to your HR department to understand your company's policies or for specific questions. **Following these tips can help ease the transition.**

**Accept the discomfort of uncertainty.** Reframe distressing thoughts with constructive thoughts.

**When anxiety rises, resist the urge to reach for unhealthy snacks or an alcoholic beverage.** Instead, try drawing, working on a puzzle, yoga, walking, meditating or putting on music and dancing. Moving your body is one of the best ways to dissipate stress hormones.

**Respect that everyone copes differently.** You may feel that others are over- or underreacting to the pandemic. When faced with uncertainty, some people will need more time alone while others need more interaction time.

**Keep finding ways to connect with others including those returning to work.** Make a phone call just to check in with a friend or loved one, or text them a song or video you find uplifting.

**Consider a family meeting to discuss new routines.** Review what changes you could make with your family to help keep everyone calm and feeling less overwhelmed.

**Remember the positives.** It can be reassuring to once again share the camaraderie of coworkers, for example.

**Recognize an adjustment period as you return to work.** Accept it will take time to adjust to the "new normal" way of doing things.

**Stay informed, but limit endless COVID-19 news.** Rely on trusted national sources like the CDC (Centers for Disease Control and Prevention). Go to: [www.cdc.gov/coronavirus/index.html](http://www.cdc.gov/coronavirus/index.html)

**For information about COVID-19 in your state, search your state's health department:** <https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

### Seek Support

Reach out to a licensed professional counselor for coping techniques to help you feel more calm and in control.



In a crisis, help is available 24/7.

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