



Be Well Emotionally

- **Be kind to yourself.** Show some self-compassion and give yourself time to adjust to the change of transitioning back to a worksite. It's a big shift. Even the mention of the word "change" can cause some of us to feel uneasy. Just know that change is a difficult thing for many of us, and emotional reactions to change are completely normal. Spend a few moments of your day taking a [self-compassion guided meditation or exercise](#).
- **Be empathetic.** Try to show respect for every perspective. While some colleagues may be excited to return to an office/ worksite, others may experience feelings of stress, anxiety and fear. Understand that each person may have a different reaction to the change, and it may take time for them to adjust. Be empathetic and patient, listen to their concerns and try to put yourself in their position to understand their experience.
- **Embrace structure.** Try getting back into a [daily routine](#) before you actually return to the office. Developing a daily routine can help you feel more in control and better cope with change, reducing stress and anxiety. Wake up and go to sleep when you normally would, eat healthy meals three times a day and work the hours of the day that you normally would. Learn about the [secret benefit of routines](#).
- **Get a restful night's sleep.** Getting enough sleep is crucial to your brain, heart and mental health. Additionally, several studies have shown that those who get enough sleep are less likely to get sick. For tips on sleeping well, check out [Dr. Harry Sleep Tips](#) and read these helpful [sleep tips](#).
- **Take a break from the news.** Whether you watch, read or listen to the news, make sure you're getting information from a reputable source and limit how much time you're spending on the news. Repeatedly hearing or reading about a stress-inducing topic, such as the risk of a pandemic, can negatively impact your well-being. Try to scale back on social media, too.
- **Turn to the EAP.** Remember, our GuidanceResources EAP is available at no cost to you and family members living in your household. And, your conversations are completely confidential. So, pick up the phone and speak with a counselor about your return-to-work concerns. Online tools and resources are also available whenever you need them. [Click here](#) to learn more about the EAP resources available to you.