

# Transitioning Back to Office: Emotional Considerations

## Anticipatory and Collective Reactions:

- Know that it is normal to have mixed feelings about returning to our work environments – may be anxious, fearful or excited about it (at home experiences vary from home to home – “in the same storm but not the same boat”)
- Individually and collectively we are grieving many losses in both our personal and professional lives
- Children, even older children, may become more clingy, as well as our pets and may not want us to return to the office and we may need to prepare them
- Having to tolerate the uncertainty
- May have concern for safety precautions at work

## When Returning, Remember:

- Your return may feel like the first day of school again, with a full range of emotions
- Expect it to bother you!
- You may not like the new changes or precautions at work (such as practicing distancing, work areas may be rearranged, wearing masks or wipe downs).
- If have felt isolated at home may look forward to returning but may feel isolated there, as well, due to the physical distancing.
- May grieve the former routines, set up and “old ways of doing things.”

## To Offset the Fight - Flight Stress Response

- Drink water! (forget with masks)
- Exercise regularly – 3 x times a week, 30 min if possible
- Eat healthy food that boots your immune system (fruits and bright veggies)
- Sleep – practice healthy sleep habits

# How To Support Others

## Do Say:

- Stop worrying about it.”
- “Don’t let it bother you so much.”
- “Calm down or snap out of it.”
- :“We’ve all been there”
- “I know exactly how you feel.”
- “Maybe you should think of happier things.”

## Do Not Say:

- “Thank you for letting me know how you are.”
- “How may I help you, is there anything that you need or is there something I can do for you?”
- “I can’t imagine what you are going through.”
- Do follow up with the person later and remember we cannot talk anyone in or out of something!

# Reacclimating to the Workplace

- Create new routines at work
- Boundaries have been blurred while working from home – reset boundaries in order to not burn out! If see something of concern, say something
- Be kind and remind if someone forgets or doesn’t follow new safety protocols or policies (thank them if you are the one needing a reminder)
- Take breaks and get fresh air when possible
- Celebrate new milestones
- Practice gratitude individually or as a team
- Practice mindfulness – being in the moment
- Remember you will experience up’s and down’s

## Remember:

- Ask for help when you need it
- It is okay to be not okay
- Utilize the resources offered through your Assistance Program



Call:

| Visit: