

MENTAL HEALTH MOMENT

RETURNING TO WORK



Whether you have been going into work or working from home, the COVID-19 pandemic has changed the workplace for most Americans. As many states begin to loosen restrictions many employees are preparing to return to work or facing uncertainty about their future.

These tips will help you return to work & maintain mental wellness

SEEK WAYS TO EMPOWER YOURSELF

Identify the things you can control & recognize & do the best with the resources you have.

Communicate with your coworkers, supervisors & speak openly about how the pandemic is affecting work. If expectations are unclear be sure to ask for clarification or help if needed.

Develop competency about your company's COVID-19 safety procedures. Everyone has an essential role in helping maintain a safe workplace for all involved.

Give yourself credit! Take some time to recognize the changes you have adapted to in the past few months. How have you adapted to remain effective? Make a list of your wins.

Increase your sense of control by developing a daily routine whenever possible.

MAKE SPACE FOR PERSONAL GROWTH

The theory of *post-traumatic growth* suggests that people can emerge from trauma or adversity having achieved personal growth. As the COVID-19 has upended many people lives you may be transformed as a result of the pandemic. Consider this:

Most people will likely bounce back quickly and return to their previous level of functioning. Some people need time to recover from adversity. Another portion of people will experience an impact that will affect their functioning and ability to cope.

Understand that overcoming adversity can be an opportunity for personal growth. During the pandemic many employees have developed new views on work life balance, appreciation of life, re-ordered priorities and examined core values.

If you are struggling to identify personal growth therapy can help! A therapist can be your "expert companion" during adversity. Set a private & confidential appointment today.

(Source: American Psychological Association)

Common work stressors due to COVID-19

Concern about the risk of being exposed to the virus at work

Difficulty taking care of personal & family needs while working

Lack of access to tools & equipment needed to perform work tasks

Guilt about not being on the frontline

Concern about workload contribution

Digital fatigue or trouble learning new communication tools & technical difficulties

Uncertainty about the future of the workplace

Managing different workloads and work tasks

(Source: www.cdc.gov)

Telephone counseling is now available through your **Employee Assistance Plan**

To schedule private and confidential counseling sessions:

BOWEN
CENTER



1 800 342 5653



www.bowencenter.org