CORDELL HEALTH

Top Tips for managing your return to the workplace during COVID-19

❖ Before coming back into the workplace, talk to your line manager to understand any changes and aim to visit so you can see them for yourself.

❖ Consider taking your own wipes or sanitiser with you as an additional measure.

❖ Perhaps you can stagger break times to avoid a collection of people in break-out rooms or staff restaurants.

❖ Bringing your own food and drink to work will help to minimise the need to use communal areas.

❖ Have a phrase planned as a polite request for space if you feel a colleague or member of the public (for example whilst commuting) is getting too close.

❖ Consider alternative ways of travelling to the workplace if your commute is of concern:
  • Avoid public transport where feasible by cycling or walking, or consider using your own car
  • Ask if it is feasible to temporarily adjust your working hours to avoid peak travelling times.
  • If it is necessary to use public transport, please see our guide "How can I travel safely on public transport during COVID-19?"

❖ If wearing a face covering is a concern for you, in view of your health condition, please read the leaflet on "How can I travel safely on public transport during COVID-19?" as we provide suggestions within this.

❖ If you have not spent much time in public, start by going to local shops or getting out to meet a friend, building up the time you spend outside.

❖ Raise any concerns about practices within the workplace with your manager.

❖ If you have feelings of anxiety, identify people you can trust and share how you feel to ensure you have that vital support.

❖ Re-connecting with activities you've enjoyed in the past will help the transition back to 'normal'.

❖ Try to be open to change as much as you can – we are all learning to do things differently and being flexible can help us adapt quickly.

❖ Before your first day back, start to get into the wake-sleep routine you normally use when going to work to help you prepare.

❖ Relaxation techniques such as simple deep breathing exercises are very effective for those times when you may feel overwhelmed.

❖ Consider practicing mindfulness as an effective way of managing general anxiety and simple exercises can be done in minimal time, ideal for your break or down time.

❖ Be kind to yourself and have patience, trust that you will return to your working environment successfully.

❖ Talk to your employer about a referral to occupational health if you still have concerns.