

Easing Return To Office Anxiety

Nervous about returning to the office?
It's normal to experience anxiety and stress as you transition into a new daily routine. Below are some tips to help you adjust.

FOCUS ON ESTABLISHING AN OPTIMISTIC OUTLOOK.



Returning to the office has many benefits, such as a peaceful work environment or great coffee and mid-afternoon treats just steps away. Remind yourself of the things you loved pre-pandemic, and look forward to bringing those back.

Take time to identify your emotions. Don't judge yourself for feeling overwhelmed. The pandemic has impacted everyone's mental wellbeing in some way, and returning to an in-person working environment can feel challenging.



CHECK IN WITH YOURSELF & KNOW THAT WHAT YOU ARE FEELING IS NORMAL.

MAKE TIME TO PRIORITIZE SELF-CARE.



Looking for healthy ways to cope and prioritizing self-care can be very helpful as you navigate this change. Talk to someone you trust, get enough sleep at night, take breaks to stretch your legs, and practice daily gratitude.

Reconnecting with colleagues before returning can help to make you feel more comfortable in the office. Chances are, your colleagues share similar feelings, so being open can go a long way in reestablishing a support system. Simply asking how someone is doing can be enough to make them feel supported.



CONNECT WITH COLLEAGUES AND STRENGTHEN SOCIAL TIES.

WHEN YOU NEED TO, ASK FOR HELP.



If your anxiety and stress persist, consider speaking with your manager to explore support available to you. Know that you never need to suffer alone, and mental health support is available in your community, through your doctor, and online. Check out CF's Mental Health Toolkit for more information.

Spend some time familiarizing yourself with what's changed. Know that adjusting to a new routine is a process that often isn't linear. For an overview of new safety protocols at your property, check out CF's COVID-19 Office Return to the Workplace Guidelines.



TAKE TIME TO PREPARE AT YOUR OWN PACE.