



Returning to Work During COVID-19

It's normal and understandable to have some level of anxiety about returning to work as the world continues to grapple with the Coronavirus pandemic. The important thing to remember is that you are not alone and there are simple tools at your disposal which can help you manage and mitigate those feelings of anxiety and uncertainty.

Tips for Managing the Transition Back to Work

Communicate with your leaders. If you have questions about safety protocols or other concerns, let your immediate supervisor know.

Expect that it will take time to readjust. Change is difficult, so take it easy on yourself as you readjust to being back at work.

Practice responsible and hygienic behaviors. Follow your employer's recommendations when it comes to health and safety. Keep your workspace neat and clean. Don't share food. Wash your hands frequently, for at least 20 seconds. Do not come to work if you are sick.

Be there for your co-workers. Check in on those who are working alongside you. Reconnecting with co-workers will help you establish a sense of "normal" again.

Ask for help. If you need to talk with someone, your Ulliance Life Advisor EAP is a free and confidential resource for assistance on any work/life concern.

Know the Common Signs of Anxiety

Signs of anxiety for both adults and children can manifest themselves in the form of behavioral, physical, emotional and cognitive responses. Keep an eye out for certain changes, which can be warning signs for those who are struggling with stress and anxiety.

- Behavioral:** • Increase/Decrease in activity level • Increase in alcohol, tobacco or drug use
• Increased irritability, or argumentative behavior • Difficulty relaxing or sleeping
• Crying spells • Excessive Worry



- Physical:** • Stomach upset • Headaches
• Changes in appetite • Sweating



- Emotional:** • Fear • Depression • Guilt
• Anger • Euphoria



- Thoughts:** • Difficulty with memory and focus • Confusion
• Thoughts of dread or doom

