



FOCUS

COVID-19: Refocusing At Work

In many places, local orders to quarantine or stay-at-home are being lifted. Companies are making plans to resume normal operations. This will likely be a process that varies greatly depending on where you live and the type of job you have. You may be excited, or even a little apprehensive about returning to your workplace. Your workday may not look the same as it did before, and there will likely be new procedures to follow. For many, working from home was a new experience that required a big adjustment in how they performed their duties. Returning to work will be another adjustment. Here are some ideas that can help make this next adjustment a bit easier:

Familiarize yourself with your company's new procedures and make a plan. Your work schedule or duties may not look the same when you return to work. Many companies will be making accommodations to continue to prevent the spread of COVID-19. Understanding what is expected of you will help you meet those requirements. Having a plan for your week will help you keep track of when and where you are working, as well as what tasks you need to complete.

It will be exciting to see people again face-to-face, so try to socialize mainly during break times. Remember to keep social distancing measures in place as you return to work. The ability to talk to your coworkers face-to-face for the first time in a long time will be a tempting distraction from work for the first few days. Socialization is important and catching up with coworkers can ease the stress about COVID-19.

Adaptability is an important skill to develop. The way to work and the tasks you are responsible for now may need to change to prevent the spread of COVID-19 or accommodate new business realities. Try to be understanding and remain patient with yourself, your coworkers and management.

Take it one step and one day at a time. Don't try to take on too much at once and become overwhelmed. Remember it will take time to adjust to the new normal in your workplace. Everyone will adjust to being back in the workplace differently. It is important to find what works for you.

Contact BHS if you need help adjusting (800-245-1150). Be sure to take care of your health as you return to work, both physical and mental. This is a stressful time and transitioning back to the workplace can add extra frustration. BHS is available to help you process these emotions and refocus. Additionally, BHS can assist with locating various resources that may be helpful at this time, including legal/financial advisors and community resources.



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