

COVID-19: Returning to work

Tips to ease anxiety



As you prepare to return to work, first find out what your employer is doing for the health and safety of employees. Having the right information can help you feel more calm and in control. Reach out to your HR department to understand your company's policies or for specific questions. **Following these tips can help ease the transition.**

Accept the discomfort of uncertainty. Reframe distressing thoughts with constructive thoughts.

When anxiety rises, resist the urge to reach for unhealthy snacks or an alcoholic beverage. Instead, try drawing, working on a puzzle, yoga, walking, meditating or putting on music and dancing. Moving your body is one of the best ways to dissipate stress hormones.

Respect that everyone copes differently. You may feel that others are over- or underreacting to the pandemic. When faced with uncertainty, some people will need more time alone while others need more interaction time.

Keep finding ways to connect with others including those returning to work. Make a phone call just to check in with a friend or loved one, or text them a song or video you find uplifting.

Consider a family meeting to discuss new routines. Review what changes you could make with your family to help keep everyone calm and feeling less overwhelmed.

Remember the positives. It can be reassuring to once again share the camaraderie of coworkers, for example.

Recognize an adjustment period as you return to work. Accept it will take time to adjust to the “new normal” way of doing things.

Stay informed, but limit endless COVID-19 news. Rely on trusted national sources like the CDC (Centers for Disease Control and Prevention). Go to: www.cdc.gov/coronavirus/index.html

For information about COVID-19 in your state, search your state's health department: <https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>

Seek Support

Reach out to a licensed professional counselor for coping techniques to help you feel more calm and in control.



In a crisis, help is available 24/7.

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Take care of yourself all year round!



No matter what is going on in your life, make taking care of your physical and mental health a priority. **These tips can help you be better equipped to handle the challenges of life:**

Get regular check-ups. Ensure that you are up-to-date on your important tests and immunizations and be sure to review your medications.

Drink more water and get enough sleep. Staying hydrated does wonders for your health. It increases energy, clears skin and even improves sleep. When you get enough sleep, you'll be more focused and productive during the day.

Schedule (and take!) mini "breaks" just for you. Even a few minutes can give you a boost. Video chat with a friend, take a bath or meditate—anything that helps you relax.

Build a support team. It's important to have a network of family and friends you can turn to in stressful times.

Express gratitude. Write down three things you are thankful for each day. Showing gratitude will help you stay more present throughout the day... and keep the positives you already have in your life front and center.

Get moving. Even light exercise is great for your physical and mental health and will help boost your energy and moods. Walk the dog, dance to your favorite music, stand up and stretch—any activity that gets you up and about.

Our clinical team can help with:

- Finding doctors, scheduling appointments
- Answering questions about your diagnosis, tests, medications
- Clarifying health insurance coverage
- Resolving billing and claims issues
- Assisting with medication issues

... and MUCH more!

Our licensed counselors and work/life specialists can help with:

- Providing coping strategies for stress, depression, anxiety
- Working through relationship and parenting issues
- Providing support for grief, loss, substance abuse
- Connecting you to legal/financial experts
- Locating resources including childcare and eldercare

Services are confidential, offered at no cost to you and cover you, your spouse, dependent children, parents and parents-in-law.



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