



# Preparing to go back to work

While companies send workers back to the office, it is normal to feel unsettled and anxious. According to a recent PwC survey of 1,000 workers, 70% said that several factors are preventing them from wanting to return to work, including fear of illness and concerns about childcare, transportation and school options. With the pandemic still unfolding, it's hard to be sure about how long the "return to normal" will take.

## How to ease into the transition back to work

**Visualize your new routine.** Use your imagination to make a dry run of what you will experience as you move into a new normal. Identify obstacles and think about solutions that will help you feel more comfortable in different work scenarios.

**Establish a better sleep schedule.** Practicing a routine bedtime before returning to work can help boost your energy and mood. Seven to nine hours of sleep has been shown to help people be more productive.

**Be patient with yourself.** Think about it as if you are starting a new job and the stressful phase that comes when you have to adapt to a new routine, learn new procedures and the cultural norms of a new workplace.

**Maintain good habits.** Our behavior and habits are influenced by our environment. Focus on your basic needs such as making healthy food choices, drinking water and exercise. Plan breaks in your daily routine so you can pace yourself as you transition between home and work.

**Reach out for support.** If you have tried different self-help options and you are still feeling unwell, you may be experiencing an anxiety disorder or depression. Consider professional help through your program.

## How your program can help



**Discount Center**—Access discounts on work essentials like electronics and new clothes, as well as major items like cars, exercise equipment and more.



**Counseling**—Meet with a counselor in-person, by text message, live chat, phone or video conference up to 4 times per issue, per year. Counselors can help with issues such as stress, anxiety, PTSD, difficulty sleeping, learning to cope, managing conflict, etc.



**Financial wellness**—Meet with a Money Coach to discuss your budget, make a post-pandemic plan to tackle debt, get started with retirement planning and more.



**Work-Life Services**—Find child care providers in your area, pet sitters and companion care for seniors. Access articles, guides and webinars on topics such as work-life balance and wellness.

**Contact your Employee Assistance Program by phone at 1-800-327-6754 (TTY 711) or go online to [MagellanAscend.com](https://MagellanAscend.com) to get started.**