Welcome Back

Re-joining the World, Together

## We want to thank you for your efforts to take care of yourself and your family during the last year. You have helped bring us to a new phase of pandemic life: recovery. Together we are learning how to navigate the “new normal” – including returning to the office. Here, we’ve gathered tips to help make the transition process easier.

# For your physical health:

* **Thoroughly read the company’s COVID-19 Safety Policies.**
* **Continue practicing everyday preventive actions.** These include washing your hands often, covering your sneezes and coughs with tissue, staying six feet apart from people who don’t live with you and getting the COVID vaccine when it is available to you.
* **Clean your workspace.** This includes wiping down high-touch areas daily, such as your phone, keyboard, desk, etc.
* **Keep these items on hand:** tissues, a mask and hand sanitizer (with at least 60% alcohol, ideally)
* **Correct your sleep schedule**. Getting up early for your commute may be a shock to your system after a year of sleeping in. But the best defense for your physical (and mental) health is a good night’s sleep. That means seven to nine hours of rest for most adults.
* **If you have been vaccinated,** remember you are not considered “fully vaccinated” until two weeks after your second dose. Until the two weeks are up you should continue taking all precautions, including wearing a mask.

# For your mental health:

# If we’ve learned anything over the past year, it’s that taking care of our mental health is vital to our overall well-being.

* **Allow yourself to feel anxious.** We’ve spent a year isolating ourselves for safety – it’s not silly to feel leftover anxiety about re-joining the world now. A little bit of anxiety is a normal response.
* **Examine your stress.** If you’re feeling more than a little anxious, ask yourself where your stress is coming from. Are you apprehensive for your physical health? (If so, see above!) Or are you nervous about navigating social interactions? (Keep reading!)
* **Fight your nerves with practice.** Picture yourself stepping foot in the office, sitting at your desk, joining coworkers in the break room, etc. Put aside time to imagine various scenarios that may pop up and how you will handle them.If possible, do a dry run and visit the office before your official return to work date.
* **Give yourself reasons to feel good.** You can decorate your workspace by bringing in plants and your favorite photos to look at every day. Don’t stop there – treat yourself to new work clothes that will help you stand tall and feel professional again.
* **Focus on compassion.** None of us are going to immediately pick up where we left off last year – that’s to be expected. Practice being kind to yourself and whatever feelings you have.
* **If you’re still having a tough time, reach out.** There’s no precedent for the last year of our lives – don’t hesitate to contact a professional counselor.



