



# 10 Return to the Office Tips

1. Ease your way into your return to the office.
2. Rehearse your return to the office.
3. Prepare your work clothes.
4. Practice the commute once or twice before you return.
5. Dry Run - Literally do a “dry run” of a typical work day process and commute.
6. Plan for breaks, take a walk, make it a point to chat with a co-worker, read, give yourself permission to take a break.
7. Know that it’s okay to feel uneasy and that you are not alone.
8. Accept that it may not be “back to normal” right away.
9. Acknowledge what does work and try to be open about changes.
10. Communicate and ask for help if you are having difficulty concentrating/daydreaming, avoiding the office, not meeting deadlines, or not caring for yourself.



# EAP

NH Employee Assistance Program

*Healthy people ask for help.*

603.271.4336