

COVID-19

Returning to Work During a Pandemic



Returning to work while still navigating the COVID-19 pandemic may cause a number of different emotions for individuals – a sense of uncertainty, fear and anxiety; similar to life after a disaster. The reality is the COVID-19 pandemic has changed the way we all think, plan and work. Employers will be providing guidelines on safe return to work but there are a number of things that employees can start to think about while preparing to re-enter the workplace.

How to Manage the New Normal Stress:

- Identify things that cause you to be fearful or increase your stress levels.
- Know the facts about COVID-19 to protect yourself and others.
- If you find that you are getting more stressed by watching the news, reduce your exposure, particularly prior to sleep.
- Accept circumstances that cannot be changed and focus on what you can control.
- Modify your work routine to meet the current reality of the situation.
- Have open communication with your coworkers and supervisors.
- Increase your sense of control by developing a consistent daily routine both in and outside of work.
- Continue to practice self care – especially at work. You can do this by taking breaks, practicing mindfulness, getting exercise and eating healthy, balanced meals.
- Remind yourself that this is a new unfamiliar experience for everyone and we are in this together.
- Continue to stay connected with close friends and family.
- Respect and be kind to your coworkers by understanding that everyone is dealing with the current situation in different ways.
- Realize that it is understandable to feel anxious and worried about the unknown, especially when many aspects of life are being affected.

Now more than ever, seeking support is important. Ask for help when you are feeling overwhelmed. We are all navigating COVID-19 together.

If you are feeling stressed and concerned about COVID-19, HumanaCare is here to help.



Our team of clinicians can discuss all options available to you and your family to provide the best possible support. We are available 24 hours a day, 7 days a week by calling **1-800-661-8193** or visiting [humanacare.com/service-request](https://www.humanacare.com/service-request) and filling in a service request.

1-800-661-8193

24 HOURS A DAY ANYWHERE IN NORTH AMERICA

