

I Have Anxiety About Returning to Work - What Do I Do?

The last year has changed our lives dramatically. Whether you've been hit by COVID-19 personally or professionally, the outbreak has affected us both externally and internally. Whilst we have found ourselves stripped of life's elements most important to us, it's natural the idea of "reality" has left many of us feeling anxious and unprepared. If you've been working from home, furloughed or were onboarded virtually and are feeling anxious about returning to work, read on.



Speak with Your Manager

They may too be going through the same issues and will likely have the correct support in place to guide you through the process. If you are afraid to talk with your manager, remind yourself the way you are feeling about returning to work is perfectly normal.



Speak With A Trusted Colleague

Arrange to meet with a colleague for a coffee close to your workplace before going in so you can do so together.



Go Easy on Yourself

Don't try to do everything at once. Face-to-face interaction has been removed following a year of remote working, furlough or redundancy; so if you are feeling overwhelmed with physical interaction try not to overload yourself.



Get Organised

To avoid unwanted feelings; ensure you are organised, and give yourself plenty of time to arrive at work.



Engage in Activities Outside of Work

Remind yourself of the things you enjoyed doing before lockdown and integrate them into your daily routine.



Ask for Help if You're Struggling

Don't be afraid to ask for help if you are unsure, you won't be the only one feeling like you do.



Stay Active In The Day

Our routines might have changed, however, maintaining a good level of physical activity day to day, is extremely beneficial to your productivity and motivation. Start by simply walking.



Eat a Balanced Diet

Fuel your morning with a protein-filled smoothie or porridge and remember to hydrate by drinking plenty of fresh water.