

## **Tips for Post Pandemic Work and Homelife**

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### MENTALLY PREPARE

- Lower your expectations - about everything
- Don't expect everything to be the same
- Don't force yourself to take on everything at once
- Prepare yourself for unexpected emotions
- Prepare yourself for having varied energy levels - feeling overly energetic or tiring quicker
- You will have gotten into a groove and parts of you will resist change

### THINGS TO DO

Manage stress/emotions by:

- Lots of grounding
- Breathing
- Taking baby steps
- Perhaps engaging with others but not as many events/people as you might have in the past
- With event participation - Say no or say yes but stay for less
- Take stock - identify the new patterns of living and decide which routines/healthy habits you have developed and want to keep
- Manage change at work-
- Manage workplace relationships-
- Normalizing to colleagues, people in your life, that this is stressful by talking about your stress
- Talk to trusted loved ones/counsellors/mentors about stress

- Create a re-entry plan that takes into consideration - physical safety and psychological needs/desires of others on your staff
- If you are on a management team - thinking through whether it makes sense to do a gradual reopen, wait until total green light, will you stay remote/hybrid?
- If you are not a decision-making position - talk to trusted managers, etc. about ideas you may have, needs you may have
- Looking at schedules - and factoring in changes----

#### Managing homelife

- Talking about stressors
- Work through new schedules/logistics
- Make sure rides/sitters/etc. in place
- Communicate to manage expectations of others in your household/friendship groups