

EMPLOYEE ASSISTANCE PROGRAM

PREPARING TO GO BACK TO WORK

While COVID-19 restrictions are being lifted, it is normal to feel anxious about returning to work. Consider these tips to ease the transition back.

- Visualize your new routine, identify obstacles, and think about solutions.
- Establish a sleep schedule to boost your energy and improve your mood.
- Maintain good habits such as making healthy food choices, drinking water, and exercising.
- Be patient with yourself and manage your expectations flexibly.
- Monitor your stress levels, stay in touch with friends and family, and consider seeking professional help through EAP if you feel unwell for an extended period.

**EAP is here to provide you with compassionate and caring support.
Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.**

