

Returning to work after lockdown

Preparing for your return to work

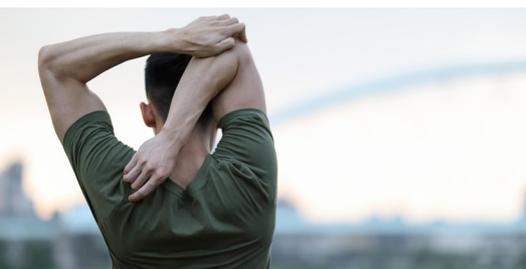
Feeling concerned about returning to the outside world after being in your bubble is to be expected! Get prepared by thinking about what you need to do to ensure you're mentally and physically ready to work.

When you've been out of your routine, things that were second nature may take more thought and effort. Rushing in and cutting corners can result in accidents, so take your time and stay safe until you're more confident again.

You may have spent more time sitting down recently, so when you get back into physical activity you might notice a difference in your fitness. Look after yourself by stretching your body, especially your back and take care not to strain anything.

You may not have been driving much lately, so make sure you're alert and aware of any potential driving hazards when on the road.

You might have a heavy workload on returning to work. Set realistic expectations about what you can achieve and do not be afraid to ask for help. Connect with your team and manager, check in with how everyone is going and share how you are feeling! It's ok to be feeling a little stressed!



Back at work

Ensure you and your employees are set up to work safely and effectively within the COVID-19 alert level protocols.

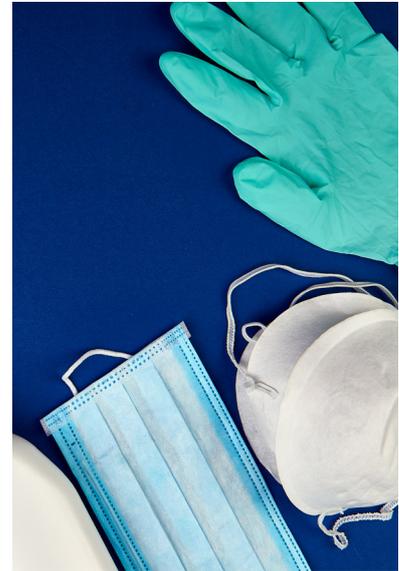
Work through the Personal Protective Equipment (PPE) gear list that's needed onsite.

Design a checklist to help employees onsite.

Keep yourself safe. Ensure you have at least your first vaccination before returning to work.

Always keep a good supply of masks with you in your vehicle.

Record all your visits on the COVID Tracer App and any other apps your employer may request.



Nourish



Sleep



Active



Mind



Connect

Remember the 5 Pillars of Wellbeing

- **Nourish** - Organise meals in advance, take healthy lunch options to work.
- **Sleep** - Try to get back into your normal work and sleep pattern as quickly as you can.
- **Active** - A great way to get your mind back in the game is to get up and moving before getting heading back to work.
- **Mind** - Try listening to your favourite music or a good podcast can be great for becoming more mindful!
- **Connect** - Catch up with a good friend or family member who hasn't been in your bubble. Enjoy a good conversation with them!

If you're feeling overwhelmed, reach out to someone you trust and talk to them.