

## Returning to Work: Feeling Anxious? You're Not Alone

### 復工了：感到焦慮嗎？沒關係，您並不孤單

After more than a year of sheltering in place, many employees have concerns about returning to the work-place. They're grappling with questions about what work will look like in the coming months, when will they need to go back to the office, and what expectations their employers might have. If you're feeling anxious about so many uncertainties, know that you are not alone. Here are some helpful tips for making the transition back to work less stressful.

**Mentally prepare.** Take some time before going back to work to think about your concerns or worries. Walk through scenarios that you might encounter to help you feel more at ease. Imagine successfully navigating these situations. Imagery is a powerful tool that can help you cope with anxiety-filled circumstances.

**Do a dry run.** Put your toe in the water. Go back to your workplace before the official start date. Look around. Sit in your chair. Remember that a lot has changed in a year; things likely will not look or feel like they did a year ago.

**Spruce up your space.** While you're there, consider tidying up. It may need some refreshing or cleaning after being empty for so long. A clean, organized environment is good for emotional wellbeing and can also reduce your stress level.

**Bring the outdoors in.** Add some cheer to your space and bring a plant to work. Research indicates that plants help reduce stress and bolster productivity.

經過一年的居家工作，許多員工對於返回工作崗位有滿腹的疑問，包括接下來工作有什麼變化、什麼時候必須回到辦公室上班、以及僱主會有哪些期待。如果您對這麼多的不確定感到焦慮，要知道，不是只有您這麼想。以下這些要訣可以幫助您，舒緩準備重返工作期間的緊張情緒。

**做好心理準備。**回到工作崗位前，花一點時間思索一下您的疑問或憂慮。把可能碰到的情境在腦中沙盤推演一遍，心情會比較放鬆。想像自己順利處理所有狀況，運用腦中意象是一項有力的工具，可以幫助您沈著因應充滿焦慮的情境。

**實際演練。**在正式復工前，先回工作場所試一下水溫。到處看一看，在辦公桌前坐一坐，提醒自己過去一年有很大的變化，許多事看起來或感覺上可能和一年前不太一樣。

**整頓工作環境。**到了辦公室後，不妨好好做個整理。閒置了這麼長的時間，也許需要好好打理清潔。乾淨清新、有條不紊的環境，可以提振心情，也能減輕壓力。

**把一點戶外元素帶進室內。**帶盆植物到辦公室，振奮一下心情。研究顯示植物可以減輕壓力，提升生產力。



**Be kind to yourself and others.** Given the disruption the pandemic has caused in so many lives and the length of time it has lasted, it's natural to have concerns about returning to work. Everyone experienced the pandemic in their own unique ways. Give yourself space to be patient and compassionate as we all work to find our way in this "new normal."

**Pace yourself.** Don't try to go from zero to one hundred in the first few weeks back. Keep things simple at first and take some time to get used to your new routine.

**Stay safe.** Become familiar with any workplace changes. Depending on where you work, there may be new safety measures in place so be sure to know what they are and plan ahead. It's okay to continue with Covid-19 safety precautions, including physical distancing, washing your hands, and wearing a mask.

**Communicate your concerns.** You may learn that you'll be working with people who haven't been practicing similar pandemic safety protocols. Calmly and clearly share what the issues are with your manager and explain why you're concerned.

### When to get help

Some anxiety is expected and natural as you prepare to return to work. But if you feel overwhelmed and anxiety is interfering with your everyday life, consulting with a counselor may be beneficial.

#### Sources:

Forbes, Return to Work Anxiety. March 16, 2021

Cleveland Clinic, Returning to Work Soon, May 13, 2021

**善待自己和他人。** 新冠疫情給人類帶來如此龐大且長時間的衝擊，您對復工有疑慮是很自然的。每個人面對疫情都有自己獨特的經驗，給自己一些空間，保持耐心和同理心，讓我們一起努力適應職場的「新常態」。

**調整腳步。** 回到工作崗位的頭幾個星期，不需要急著從零跳到一百，馬上恢復從前的狀態。一步一步來，逐漸適應新的工作節奏。

**確保安全。** 弄清楚工作環境的改變。視您的工作場所而定，可能會有新的安全措施。務必事先了解並做好計畫。您也可以繼續保持Covid-19的安全防護措施，包括社交距離、洗手及戴口罩。

**表達關切。** 您也許會發現，您需要和沒有遵守相同防疫規範的人一起工作，請冷靜並清楚地向主管傳達您的疑慮，同時解釋為什麼您會在意。

### 什麼時候該求助

重返職場有些緊張是可以預期的，也是自然的反應。但如果您覺得焦慮到受不了，已經影響到日常生活，找諮商師談談，應該會有幫助。

#### 資料來源：

Forbes, Return to Work Anxiety. March 16, 2021

Cleveland Clinic, Returning to Work Soon, May 13, 2021

## Take Care of Yourself

**Take time just for yourself.** Even if it's just 10 minutes each day that you set aside to relax by yourself, a little solitude can help you unwind.

**Practice good self-care.** Eat well, exercise, and get good, restful sleep.

**Schedule time with friends or family.** Maintaining social connections is an integral part of self-care.

**Get moving.** Exercise boosts mood and the immune system. A quick walk in the park, taking a hike, or time spent tending your garden can also help you feel rested and relaxed.

**Learning a few breathing techniques** where you bring attention to your breath can help you relax, focus and quiet your mind.

**Practice guided mindfulness.** In addition to practices that develop self-compassion and calm, discover other options that enhance health and well-being.

## 自我照顧 善待自己

**花一點時間獨處。**撥一點時間獨處，即使每天只有十分鐘，也能幫助您放鬆。

**好好愛自己。**好好吃，好好運動，充足和放鬆的睡眠。

**與親友相聚。**維持社交關係是自我照顧的重要一環。

**動起來。**運動可以提振心情和免疫系統。到公園快步走、爬爬山、或花時間整理花園，都是休息和放鬆的方法。

**學習新的呼吸技巧。**把注意力放在呼吸上，可以幫助您放鬆、集中和安定心神。

**練習正念覺察。**除了練習善待自己和定靜之外，不妨多方嘗試可以促進健康的其他方法。