



Managing Anxiety Around COVID-19: Checklist for Returning to Work

With many Ohioans now returning to work, there may be a lot of people feeling anxiety about possibly being exposed to COVID-19 or even returning to their old routine after months of lockdown.

Ohio Department of Health Director Amy Acton, M.D., MPH, strongly recommends that anyone feeling anxiety about returning to work, or the ongoing situation with COVID-19, use the following tips from the National Alliance on Mental Illness to help themselves adjust more easily.

Embrace the return to structure

Lack of a routine can be a driving force for heightened anxiety and depression. If you can, try to get into your work routine at home before physically returning. Wake up at the normal time, get bathed and dressed as you would normally, and try to return to your normal timeline during the day.

Make sure you are getting enough sleep

While it may seem simple, getting enough sleep can make an incredible difference on our mood and amount of anxiety during the day. Try to get back to your routine and go to bed without interruptions.

Use resources offered to you to help cope with the changes and emotions

If you see a therapist, continue to stay in touch during your transition back into your work routine.

- You can also take advantage of your IMPACT EAP to talk to someone about your concerns. We are available 24 hours a day at 1-800-227-6007
- Visit your EAP website where you can find resources on managing stress, coping with change and building resiliency. www.MyImpactSolution.com

Give yourself time to rebound

It's okay and normal to feel anxious during this transition period. It is also important that you stay focused on what you can control and avoid making big or important decisions during this time of adjustment.

Share your thoughts and feelings with those who are supportive and helpful. Find your sense of humor. It is helpful to laugh especially during challenging times.

**Most importantly, believe in your ability
to bounce back!**