

Return to Work Free of Fear: A Personal Guide to Managing Anxiety in Our Post- Lockdown World

This summary sheet provides a brief overview of everything we've covered, so you can refer back to the main points as often as you need to.

Tackling Global Challenges Together

It's OK to feel anxious, as you prepare (or have already left) the 'safety' of home to travel on public transport, and mix with your colleagues.

Fear and anxiety are created in our brains, which means we can avoid the 'descent into chaos' by forging new, positive neural pathways.

Managing Your Personal Risk

It's important to identify not only your own level of risk, but be sensitive to others'.

Take stock of what's happening in your life, and don't be afraid to ask for extra support if it's needed. Honest communication is key.

How to Reduce Anxiety and Stay Well at Work

Make like a professional actor and athlete, by mentally rehearsing positive outcomes for the day ahead, and visualising how well it all went! This will help to replace negative neural pathways with positive ones.

(You are the master of your thoughts, remember!)

Practise breathing techniques such as 'Square Breathing' and try to remain in the present, as worry is always set in the future.

Try to avoid re-tell the same sad story (you could email friends and colleagues with key information, so you don't have to repeat it every time you see someone new), and occupy yourself with 'happy' things, like rewarding your successes, and practising gratitude.

Go outside for breaks whenever you can, plan social projects that light you up... and please remember to be kind to yourself. Support is always available.

Bringing the Benefits of Remote Working into The Office

What has lockdown taught you? You could be surprised at the range of new skills you're taking back to work, such as multi-tasking, change and crisis management, or even new-found creativity.

Further Resources

Don't forget to make use of the additional resources I've put together, to help you maintain positive momentum as you return to work. These include a selection of eBooks and downloads on a range of subjects, such as simple mental health and wellbeing strategies, and how to commute safely.

To ask questions, or for further support, please don't hesitate to get in touch.

With my very best wishes, Sandie