

5 Tips for Reducing Stress: Balancing Home and Work

○ **Experiment:**

You don't have to find the perfect routine right away. View the transition back as time to experiment to find out what works for you.



○ **Set boundaries:**

The people in your life will need to get used to your new routine as well; both at home and at work! Make sure to communicate when you are, and are not, available.



○ **Plan downtime:**

Make sure you are consciously planning in time to recharge, both in and out of work.



○ **Identify what worked in the past:**

What have you enjoyed about your routine during lockdown? What did you enjoy about your routine before lockdown? What can you do to hold on to those elements?



○ **Ask for and offer support:**

Let people at home and at work know what you're trying to achieve, and find out what they want to achieve, and talk about how you can move toward that together.

