

5 Tips for Reducing Stress: Being in the Office

○ **Connect with colleagues:**

Some relationships might have shifted. That's ok. Plan some time to reconnect with people when you're in the office.



○ **Manage distractions:**

It's ok to set boundaries with colleagues if you need focus time. Let them know you are going to be focusing and ask them to avoid interrupting. If background noise is a problem, investing in some quality headphones and listening to music or white noise may help.



○ **Create a plan:**

Agree with your manager when you are expected to be in the office. Ask questions about different options such as adjusted start/finish times, taking breaks during the day, and working from home.



○ **Ask for support:**

Talk to friends, family and colleagues about how you're feeling. If you're finding being back in the office difficult, speak to your line manager.



○ **Be kind to yourself:**

Any transition, even good ones, can create anxiety, fatigue, and stress. If you're finding it tiring being back remember this is normal and give yourself time to adjust!

