

# WORK TRANSITION & CHANGE

In this last year we have learned that so many things in life may have felt out of our control. Still, we adapted, learned to find new ways to manage our lives and some of us even thrived!

As organizations begin to redefine what the workplace will look like, each one of us may need some strategies on how to adjust. Some of us may worry about returning to the office, others may find it a relief, and many employees will be

somewhere in-between these two extremes. Be aware that all of the emotions you are experiencing may not be exactly what your colleagues are feeling.

Let's highlight some healthy ways of managing change and the benefits of dealing with it positively as we transition back to work.

## Be Patient with yourself and others.

With change comes new behaviors that we can learn. Try to remain open to another person's perspective. For example, if you return to the workplace, driving back to work or car-pooling takes more time and you can look for opportunities to make the drive more than routine. For instance, you can explore podcasts or re-connect with fellow carpoolers.

## Remain Calm.

Deep breathing, while relaxing, has been shown to decrease anxiety and bring a sense of control back into your life. This simple life supporting act of consciously taking control of our breath is something all of us can do. We can do this anywhere, anytime, and it helps us to feel calmer.

## Get back into a new routine.

Dusting off the cobwebs and dressing up again can be fun. Learning new challenging tasks can bring a sense of satisfaction. At the end of each workday, mentally review what you have accomplished and enjoy that feeling.

## Find gratitude.

Gratitude comes in all sizes, small and large. Gratitude unlocks the fullness of life. It turns what we have into enough. Once a day, tell a colleague at work how much you appreciate their help. Then carry this same gratitude home and tell a friend or family member how much you enjoy their company. Write a gratitude journal.

*You don't have to make this transition back to work alone. UTEAP is here for you.*



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