

# TIPS FOR DEALING WITH YOUR EMOTIONS ON THE JOB

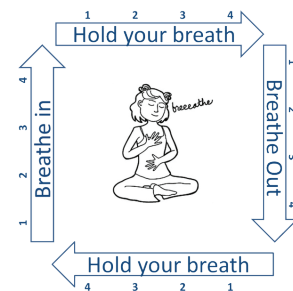
Navigating through the pandemic, recent natural disaster etc., causes a variety of emotions, especially as people transition back to work. These emotional reactions are likely to be a result of the workforce as a whole transitioning, or preparing to transition back to a traditional work schedule. With so many unknowns, trying to maintain daily activities may seem difficult or overwhelming when trying to imagine what the “new normal” will look like. Will there be employees working remotely completely? Will there be options for alternating working from home and the workplace? What if it is time to transition back to working solely in the workplace? Regardless of the unforeseen specifics, emotional reactions to these adjustments may occur. UTEAP is available during this time of transition.

Now that employers are creating plans for transitioning employees back to the workplace, this may bring up a variety of emotions for you. For some, it's exciting to leave home and return to working with their colleagues again, i.e. their pre-pandemic “normal”. For others, returning to the workplace may bring up feelings of fear, anxiety or worry. These reactions are normal, and the thought of transitioning back may

bring up questions about what to expect or perhaps question the necessity for the transition back to the workplace in general. This and similar thoughts may lead to resistance and even anger. It will be important to find ways to manage your emotions should you experience them. Life is full of changes. Increasing your skill set may help you adapt to changes as well as greatly improving your emotional well-being.

## Use these tips when you feel overwhelmed about returning to work:

- 1** Grounding Yourself – What can you do to self soothe quickly? Grab a stress ball; keep a mini blanket or soft pillow to stroke if you have office area; walk outside and breathe in fresh air; walk a flight of stairs; take your shoes off and stand in the grass/dirt/sand.
- 2** Breathing Techniques – You can do a variety of breathing exercises such as box breathing which is inhale/hold/exhale/hold to the count of 4 in multiple cycles or 4/7/8 breathing: Inhale to 4/Hold for 7/Exhale for 8 cycles.
- 3** “Sense Exercise” – Identify the following: 5 things you can see; 4 things you can feel; 3 things you can hear; 2 things you can smell; 1 thing you can taste.
- 4** Mindfulness Exercise: 10/9/8 – Look around your environment and identify 10 things in your vision, then 9 items, then 8 items, & hopefully by the time you reach 0, you may be calmer.
- 5** “In the Moment Support” – You can call UTEAP to speak with a licensed clinician 24/7 by calling 1-800-346-3549.



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

