

Working Well: Returning to work after self-isolation

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While the COVID-19 pandemic has had some devastating effects, it has also shown us how resilient we can be in the face of the unknown. As we start to think about the "recovery phase" while still remaining vigilant with physical distancing and other restrictions, we are all wondering what the "new normal" is going to look like. This includes returning to work after a period of self-isolation. Here are seven steps to a smooth transition back to work:

1. Have a conversation with your manager before returning to work. [Follow these conversation Guiding principles for managers and staff.](#)
2. Continue to prioritize psychological your well-being Take time to look after your mental health, recognize any signs of grief and practice mindfulness using the fulsome list of psychological wellbeing resources in Section 2 of PHSA's Returning to Work After Self-Isolation due to COVID-19 [guidebook.](#)

3. Seek help with personalized support.

Access PHSA's Peer Psychosocial Support by email: workplacewellness@cw.bc.ca or phone at 604-875-2982. Leave your first name, telephone number, the site you work at and a time(s) you can be reached. This service is available Monday-Friday, 7 a.m.-7 p.m.

Or use the Employee & Family Assistance Program, an off-site confidential, voluntary, short-term counselling service. Learn more information at <https://homewoodhealth.com/corporate/contact-eap-efap>

4. Reduce and overcome stigma.

One of the biggest risks around COVID-19 is stigma. Stigma happens when an unfounded risk is associated with a specific population, place or thing. During this time, we feel concerned for our own wellbeing, our loved ones and the broader community. While our feelings are valid, stigma is often not a reflection of reality. Learn more about [overcoming stigma here.](#)

5. Connect with Workplace Health. Take a look at the following resources for extra support:

- PHSA Staff Resources: <http://www.phsa.ca/staff-resources>
- PHSA COVID-19 Resource Line: Staffed by nurses and available seven days/week, 7 a.m. to 7 p.m. to address workplace health-related questions about COVID-19. Call 1-833-875-2155 or 604-875-2155.

6. Be mindful of your work-life balance.

There is no secret formula or one-size-fits-all for achieving work-life balance. Finding balance is a fluid process that requires prioritizing, time management and an awareness of

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your energy and resources. Returning to work after isolation may throw your current sense of balance out of whack. Check out the below links for some tips on how to improve your work-life balance and consider asking for help if you could use some additional support.

- [Homewood Health 10 Steps for Achieving Work-Life Balance \(p. 44\)](#)
- [CMHA Work-Life Balance](#)

7. Access employee perks!

As a way to say THANK YOU, a growing list of retailers such as Starbucks, Nando's and Chevron, are offering discounts to Health Care Workers. Check out <http://www.phsa.ca/staff-resources/employee-perks> for details.

Above all, we hope you take the time to look after your whole self as you transition back to the workplace. For further information, email workplacewellness@cw.bc.ca

PHSA's Psychological Health and Safety team supports the mental health of all employees in any PHSA program, service, or division. To learn more about the programs and services available to staff, visit us on [POD](#) or at [PHSA.ca](#). Questions? Email healthpromotion@phsa.ca.