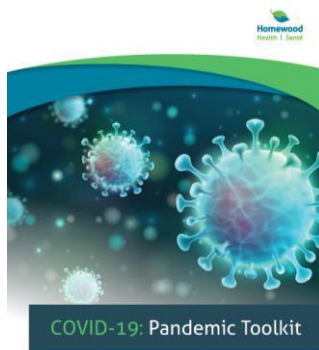


RETURNING TO WORK AFTER COVID-19 ISOLATION

Welcome back. We are so glad you are able to return to work. Every employee is an integral part of the team and we are always stronger together. The following is a collection of information, resources and strategies to support you as you return to work after self-isolation or recovering from COVID-19. Please visit [Supporting Our Workforce](#) or e-mail psychhealthsafety@phsa.ca for more information. Thank you for your dedication.



Homewood Health recently released a COVID-19 Pandemic Toolkit for employees. The toolkit includes e-courses, information and articles on topics like stress, resilience, work-life balance and finances in the context of the workplace. Throughout this package, we will reference pages in the toolkit where you can get more information. You can find the full toolkit, [here](#).

1. RETURN TO WORK CHECKLIST

The following is a list of items to consider in your transition back to work. Click on each item for more information or scroll through the package.

- [Check in with your manager before returning to work](#)
- [Continue to prioritize your **psychological wellbeing**](#)
- [Seek help with **personalized support**](#)
- [Reduce and **overcome stigma**](#)
- [Connect with **Workplace Health**](#)
- [Get familiar with the latest **clinical policies**](#)
- [Be mindful of your **work-life balance**](#)
- [Take of advantage of **employee perks**](#)

RETURNING TO WORK AFTER COVID-19 ISOLATION

2. PSYCHOLOGICAL WELLBEING

MENTAL HEALTH

- [BCMHSUS - Tips for supporting your mental health through the COVID-19 pandemic](#)
- [Anxiety BC - Coping with COVID-19](#)
- [Living with Worry and Anxiety amidst Global Uncertainty](#)
- [Living with Uncertainty during COVID-19](#)
- [The Contagion We Can Control](#)

GRIEF

- [Anticipatory Grief during COVID-19](#)
- [COVID-19 and the Grief Process](#)
- [That Discomfort You're Feeling is Grief](#)



MINDFULNESS

- [PHSA Mindfulness Resources](#)
- [Five mindfulness tips for HCPs during the COVID-19 pandemic](#)

3. PERSONALIZED SUPPORT

- **Employee & Family Assistance Program**
 - An off-site confidential, voluntary, short-term counselling service
 - More information at <http://www.efap.ca/>

“ The willingness to show up changes us, it makes us a little braver each time. ”

— Brené Brown

RETURNING TO WORK AFTER COVID-19 ISOLATION

4. OVERCOMING 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.

Stigma can happen towards people that are perceived to have a higher rate of COVID-19, such as health care workers.

Stigma can happen when a person has returned to work after self-isolation or recovering from COVID-19 even though their risk of transmission is the same as anyone else.

Stigma can happen internally if we feel like we did something wrong or somehow deserve the hand we are dealt but this could not be further from the truth.



Here are a couple practical tips to reduce stigma and strengthen resilience:

- **Stick to the facts.** Manage your exposure to social media while seeking and sharing accurate information from sources such as PHSA, <https://www2.gov.bc.ca/covid19> and <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>.
- **Be social.** Stay connected with your co-workers, neighbors, family or friends through virtual hangouts, trivia nights or a quick text to say hello. Get inventive, but maybe not [this inventive](#).
- **Self-awareness.** Check your own stigma and biases – sometimes we don't notice how our own perceptions either contribute or counteract stigma.
- **Lean in to support.** If you're experiencing negative thought patterns or worry, consider talking with your manager, a helpline rep or a counsellor.
- **Invest in your wellness.** Whatever self-care means to you, make sure you take care of your wellbeing. This may include a mindfulness practice, a good night's sleep or some Netflix.
- **Be open.** If you're comfortable, share about your experience with stigma or mental health challenges. This is one of the simplest ways to myth bust, feel heard and support others.
- **Show compassion.** To yourself and others. While stigma separates us, the pandemic unites us, acting as a reminder to show kindness, be patient and have hope.

Further reading

- [Reducing Stigma](#)
- [Stigma Reduction](#)
- [Don't Let Fear of Covid-19 Turn into Stigma](#)
- [Homewood Health – Building Resilience \(p. 37\)](#)

COVID-19 Wellness Resources

RETURNING TO WORK AFTER COVID-19 ISOLATION

5. WORKPLACE HEALTH AND POLICIES

- **PHSA Staff Resources:** <http://www.phsa.ca/staff-resources>
- **PHSA COVID-19 Resource Line:** Staffed by nurses and available 7 days/week, 7am to 7pm to address workplace health-related questions about COVID-19: 1-833-875-2155 or 604-875-2155.
- **ePOPs:** Visit <http://policyandorders.cw.bc.ca/> for the latest C&W clinical practice updates.

6. 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 your energy and resources. Returning to work after isolation may throw your current sense of balance out of whack. Check out the below link 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 \(p. 35\)](#)
- [CMHA – Work-Life Balance](#)
- [How to Achieve Work-Life Balance When Working Remotely](#)

7. 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.

