

10 TIPS FOR A POSITIVE RETURN TO WORK



1. Make a list of the positives for returning to work.
2. Get back into a routine.
3. Embrace change and new opportunities, be flexible.
4. Request a 1-1 with your Manger to discuss expectations.
5. Dont be afraid to re-asses your work pattern,would you like to work more flexibly?
6. Focus on self care. Ask for wellbeing & mental health support if required .
7. Book annual leave so you have something to look forwad too .
8. Be realistic about capacity.
9. Engae positivley with your colleagues, they will be feeling the same way.
10. Work on your positive mindset & self belief