

# Return to the workplace

## Guide for Employee Well-Being

### Stay Safe



### Stay Engaged

- Understanding expectations
- Discuss how your team can support each other
- Don't lose sight of the mission



### Stay Connected

- Stay in touch with friends and family
- Don't forget to laugh at yourself
- Look after your own health & mental wellbeing
- Communicate
- Create routine



### Relieve stress

- Video chat with friends & family
- Get out the weekend, on the bikes in forest, avoiding paces with people
- Be selective on what you read
- Be positive & patient
- Do exercises
- Maintain healthy diet
- Hydrate

### Techniques to Reduce Stress



30 minutes of daily moderate exercise



Mindfulness and meditation



Progressive muscle relaxation



Yoga



Visualization



Slow, deep breaths