

# Preparing to Come Back to the Workplace

After a long time away from in-person work due to COVID-19, many organizations are slowly bringing employees back into the office. If you are returning, eliminating the stress of in-person work and social interactions seems nearly impossible. Still, there are some basic steps you can take to help make the transition as seamless as possible.



## Tips for the Return

A notable thing to be prepared for is any changes to your workplace's health and safety procedures. As there will be changes made to workplace operations and, most likely, safety practices, make sure to be aware of what you should expect. In addition, here are some steps you can take to prepare:

**Plan your commute.**

**Arrange which items you'll keep at your workstation.**

**Expect new technology in the office.**

**Keep an open line of communication.**

**Know your "why" for returning.**

**Focus on the positives.**

**Anticipate distractions.**

An important thing to remember about the return to the workplace is to not overwhelm yourself. Ease your way back into the office, whether you are starting in a hybrid type of work schedule or coming back to the workplace full time. Also, focus on the exciting things you're going to do following the pandemic, both in the office and out of it.

## Any Questions?

Contact HR if you have any questions or concerns regarding the return to the workplace.

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