As government COVID-19 guidelines start to ease, you may find yourself returning to your workplace. This transition back to work presents a lot of change when compared to what you've gotten used to. It may bring about feelings similar to when you were expected to work remotely.

Preparing to return to work: considerations for employers on COVID-19 reads live.18

During the pandemic, many have found their routines have been disrupted. Read on for suggestions to build new routines and get back on top of your goals.

Talking with your manager if you can't coordinate returning to the workplace (article)

Or you may not be returning to the workplace. Perhaps you'll be moving to a hybrid work schedule, where you are in the office part-time. It may bring about feelings similar to when you were expected to work remotely.

Talking with your manager about flexible working (article)

If you were furloughed at work due to COVID-19, you may be experiencing a mix of emotions as you prepare to return to work. They may want to talk with you or your manager.

Returning to work if you've been furloughed (article)

Racist incidents and discrimination related to the pandemic have been reported both in public and at work. Learn to cope with these behaviours and be the solution.

Dealing with racism and discrimination in the workplace as a result of COVID-19 (article)

Losing a job can be stressful and overwhelming. Here is some helpful information for those who are facing redundancy, as well as information for those remaining with the organization.

Managing stress a new normal (article)

Managing stress at work can take care of yourself and move forward.

Trouble managing stress at work? Manage your capacity to cope with daily stressors.

Managing stress a new normal (article)

Some circumstances, you may experience additional challenges and stress when you return to work. Many of these alone – LifeWorks has a number of helpful resources available to you to help address your questions and concerns.

Returning to the workplace:

Preparing to return to work as forehead 9th (article)

So, mark that pause. Log in to LifeWorks.com to take care of yourself and move forward.

Trouble managing stress at work? Manage your capacity to cope with daily stressors.

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