

**How do I cope with my own stress of the idea of returning to the office?**

A: Returning to work after several weeks at home due to the COVID-19 crisis is likely to cause a great deal of stress and mixed emotions such as fear, anxiety, anger and confusion. This will require a fair amount of readjustment for one's self and one's family. After putting some new structure and perhaps a new schedule in place, now many people returning to work must rearrange and reorganize once again. As we face this transition and perhaps continued health and safety concerns, having patience with ourselves and our family is important to the success of this transition. In addition to following CDC and your employer's guidelines about returning to work, know that it is normal to feel ambivalent, reluctant, and anxious to name just a few expected emotions. Talk with someone you trust (a spouse, a therapist, a colleague, a friend) as a healthy way to process. Continue to take care of yourself by eating well, getting plenty of sleep, take breaks from work to stretch, exercising, and spending time with those closest to you. If you are concerned about your children when you return to work, talk with them about what is going on to reassure them. The priority at this time is to take care of yourself and use [available healthy supports and resources](#) as you face yet another change.