

Embracing Change

YOUR WORKPLACE AND HOME LIFE ARE STILL CHANGING... HOW DO YOU ROLL WITH IT?

We are still facing a lot of change in the workplace and at home because of the COVID-19 pandemic and everything it has impacted.

- » Workplaces are changing their time off policies, return to work plans, and hiring practices due to labor shortages.
- » Families need extra childcare because of COVID exposures, sickness, and class cancellations.
- » Social planning is still up in the air as people decide what activities and gatherings they're willing to attend.

According to one poll, 41% of people said their biggest concern over the past year has been about missing time with friends and family. Many people are worried about losing touch with people they no longer see regularly.

Although case numbers are lowering dramatically and more places are opening up, people should still prepare for continued change. Here are a few ways that you can embrace change and improve your health and wellbeing during unstable times:

Focus on your sleep: Sleep and relaxation are big themes for the month and that's because they're important! A good night's sleep is a key way to keep your mood stable and your stress low. You're more likely to succeed at your tasks and enjoy greater well-being if you're well rested.

Stay connected: Everybody's risk tolerance is different, and you might not be ready to go to large gatherings with strangers. But it's crucial that you have a plan for keeping in touch with the people who are most important to you. Walk outdoors with friends, play with your extended family at the park, connect for a virtual game night. Figure out what works for you and stick with it.

Expect and accept change: Things will continue to change, and if you're expecting change then you are more prepared emotionally when it does. When you experience a shift at home or work try to focus on what you can create because of this change. Looking for opportunities can give you a sense of control during the instability.

For more information and tips, read our recent blog on embracing change:

<https://link.uprisehealth.com/change>



RELAXATION PRACTICES TO RESEARCH



Aromatherapy



Deep Breathing



Calming Music



Guided Imagery



Hydrotherapy



Progressive Muscle Relaxation