

# MATES TOOLBOX

## GOING BACK TO WORK



**Need a chat? MATES 0800 111 315 Helpline is available 24/7.** Heading back to work can be a challenging adjustment. There will be some who had an enjoyable and restful break, while others might be looking forward to getting back to work.

### BEING PREPARED

**“Focus on what you can control like checking your emails the day before you return to work. That might help you prioritise tasks, set a to-do list and time aside to get yourself organised through that first week.”**

- Damian, Field Officer

### REESTABLISHING ROUTINE

**“Reestablishing our routine might look like having and agreeing on a strategy as a team to begin with lighter tasks, practising healthy eating and remaining hydrated as we get back into physical work.”**

- Ronnie, Field Officer

### MANAGE THE FATIGUE

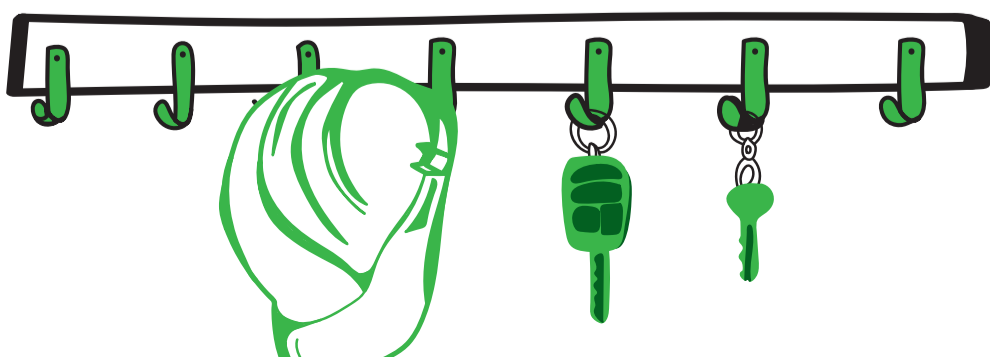
**“Building in breaks, packing nutritious food and planning can all contribute to keeping our energy levels high while we reestablish our routines.”**

- Jared, Field Officer

### COMMUNICATION AND SUPPORT

**“It is a great time to look and listen for invitations. If you notice any desperation or anxiety from your workmates, offer them the support available on-site through MATES or the EAP.”**

- Fletcher, Field Officer



### SAFETY FIRST

**“Be mindful of checking your equipment, tools and work areas. It’s a great time to take stock of the checks that keep us all safe. Our work environments might have changed over the break; ensure everything is in working order.”**

- Steve, Field Officer

### TAKING OUR TIME

**“Take your time. Simple tasks might take a little longer than usual on your return; take a breather when you need to and ask for help if a task requires more hands. We are Stronger Together.”**

- Slade, Hauora & Wellbeing Manager

### MOTIVATION

**“Recognise and celebrate small achievements you or your team have made. Organise team building activities to help build back up the camaraderie you had before the break.”**

- Price, Field Officer