

Getting back to a new normal

Thinking about returning to work?

For 6 weeks now we have been looking forward to everything returning to normal, and rallied against the restrictions, the boredom and frustrations that have arisen with quarantine.

Yet now that we are entering discussions about easing restrictions, it can be surprising for you to find yourself experiencing some disquiet about it.

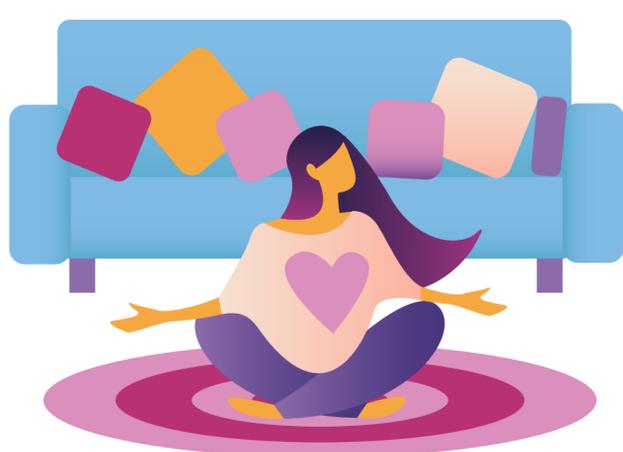
Things that may be of concern to you;

- *Is it safe to leave home?*
- *Will my job be the same?*
- *How will my kids go back?*
- *Is it safe for older Australians?*
- *Can I still work from home?*



Feeling overwhelmed will be normal

Just like when you moved home, you are needing a plan for returning to work. We are creatures of habit and can actually become quite comfortable with a smaller life and fewer decisions. In fact, when you start to interact again with others, you might feel quite overwhelmed.



Read our **5 tips** for useful ways to establish a **new normal**

1 Give yourself time to adjust

It will be normal to feel equally disoriented, frustrated (now by the traffic) stressed and suffocated by “old” routines and start to long for a simpler life again. Getting your head around it starts now, as small steps are allowed: the limited visits to friends, staged school returns and so on.

2 Reflect on your old life priorities

It is good to reflect on your old life priorities, what should stay and what might you choose to discard? Many people are talking about having more appreciation and gratitude for new elements of their lives and relationships and want to preserve more home investment. Rather than assume this is a pipe dream, start to ponder how you could make this happen.

3 Start a new conversation

Many employers, business owners and staff are looking for new ways to do things post COVID. Perhaps what you are noticing or wanting could suit others in your workplace, so it's worth starting some new conversations. In fact, from your new, forced perspective, you might see that the life you were leading had some problems, but it was your habit and you were blind to other possibilities.



5 Reflect on your relationships and connections

You might have uncovered that things on the home front are not ideal, or that your relationships with significant others in your life need some work. You might have picked up some bad habits that need breaking. You might realise your living situation is unsafe, and you need to separate.

4 Decide how you want to live

Perhaps you now are aware that you didn't see friends, or don't have enough of them. Maybe you now appreciate quiet time or getting out into the sunshine. Perhaps you now worry about your elderly relatives when before it was hard to find time to even give them a call.

You should seize this new information and make some decisions about how you want to live from here. How might you now distribute your time and other resources on the home and work fronts?

Relationships Australia NSW is here to help. You can ring Time 2 Talk on 1300 022 966 for a chat about what is on your mind or book an appointment on 1300 364 277.

Downloadable resources that can be food for thought can be found at www.relationshipsnsw.org.au



About Relationships Australia NSW

Relationships Australia NSW is a community-based, independent not-for-profit organisation with no religious affiliations. Our purpose is to work together with people in reshaping lives and relationships and connecting people and communities.

For over 70 years, we have been supporting children, adults, families and communities. We provide a broad range of services including counselling, family dispute resolution and mediation, family violence prevention, support and recovery services, and mental health services.