

How do I return to the workplace after an incident?

A major incident occurring at your place at work can create unease and distress in people. When required to return to the workplace after the event has passed can pose challenges due to hesitation and uncertainty, as well as concerns with symptoms re-emerging. A return to work after an incident can occur with the following considerations:

- **Open Communication:** Maintain open communication around expectations of work, any uncomfortable feelings that may emerge, and agree to strategies about how these can be best managed.
- **Create a Safe Space:** Identify a safe space in your workplace where you can retreat to if you start to feel overwhelmed. This could be a quiet room or an area where you can take breaks and practice relaxation techniques.
- **Self-Care Practices:** Prioritise self-care to help manage your symptoms. This could include regular exercise, mindfulness or meditation, adequate sleep, and healthy eating habits.
- **Utilise Support Systems:** Lean on your support system, both inside and outside of work. This could include trusted coworkers, friends, family members, or mental health professionals who can provide emotional support and guidance.
- **Seek Professional Help:** If you require more formal support, access EAP to be able to prepare for a return to the workplace.

It is normal to feel hesitation in the aftermath of a workplace incident. Be patient with yourself and give yourself credit for the progress you're making, no matter how small it may seem.

For further information or support, reach out to the Centre for Corporate Health to speak with a psychologist. Make a booking via the Resilience Box App by scanning the QR code below, or call us on 1800 959 956.

