

What to do if you're feeling anxious about returning to your workplace:

- Talk to your manager, your colleagues and/or other people who support you
- Ask what Covid-19 safety arrangements are in place
- Ask for reasonable adjustments
- Research the Covid-19 risk in the area
- Use tools to manage anxiety



For more info, head to:
[mentalhealth-uk.org/returning-to-work](https://www.mentalhealth-uk.org/returning-to-work)

