

RETURN TO THE OFFICE



As public health restrictions ease, more of us are returning to familiar but changed workplaces. This change may come with a mixture of excitement and uncertainty. As with any change acknowledging and addressing your concerns and seeking supports when needed can make the transition easier. The Civil Service Employee Assistance Service (CSEAS) is available to support you.

TALK AND CONNECT

It is important to keep in touch with colleagues and your line manager. You don't need to talk about work, but a quick check-in will help you feel connected.



PLAN AND PREPARE

Keep up-to-date with your organisation's plans for the return to the office. Think about your job and your own personal situation. If a change will help you do your job well, perhaps have a chat with your line manager before you return to the office.



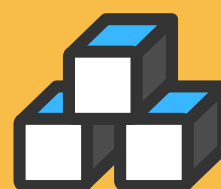
KNOW YOUR ROLE

This is a chance to identify your role and work priorities, which might have changed over time. If you need clarification on current or potential new aspects of your job, a conversation with your line manager might alleviate any anxiety or concerns you may have.



ONE STEP AT A TIME

The way we all work is likely to keep changing in the coming weeks so we will need to keep adjusting. Look out for yourself, look out for others and take each day and week at a time.



MONITOR AND REVIEW

It is important to have regular check-ins with yourself. Ask yourself how you are coping, what is working well and what you need to do to best support yourself



BE KIND

Everyone is finding their own path and things might not always go to plan. It is important to be kind to yourself and to be kind to others as we all find our way



CSEAS

On-duty EAO available at 0761 000 030

Monday – Thursday: 9am – 5.45pm, Friday: 9am – 5.15pm

Appointments are available evenings and weekends if required

Email: cseas@per.gov.ie

www.cseas.per.gov.ie