

New Stress of Going Back to Work

Have you been asked to return to your job on-site after working at home remotely for the past year? Perhaps you kept your fingers crossed hoping your remote job would be the new normal into the future with newly established family routines, no commute, a home office that started to feel ideal, and a feeling of independence you cherished.

Many employees are excited about returning to work, but not everyone feels this way. Talk with your EAP about how to cope with the stress of change and disappointment and how to reconnect so you can become your most productive self, regardless of your work environment.

Caregiving Apps Make It Easier

Being a caregiver is about more than grocery shopping and providing companionship. It's a constant stream of issues, concerns, interruptions, and crises related to medications, surgeries, rehabilitation, appointments, and dozens of personal care issues. It can equate to an exhausting second job. If you're a caregiver, discover apps that can help you reduce the stress of keeping up with it all. Start by taking a look at six such apps at www.caring.com/caregivers/caregiver-support. You will find more caregiving apps by Google-searching for "list of all caregiving apps."

Develop the Habit of Active Listening

"Active listening" is the practice of engaging with a speaker using techniques of listening that maximize understanding. The goal is more complete communication. Active listening is conscious and purposeful. The skill is often taught in couples counseling because it reduces misunderstandings, conflicts, and frustration; increases cl-2 ()JT0 ou9gsefl f5(l)1(Cf)3.6 liscst(ng.) RM