

5 tips for returning to work from Antti Aro, leading occupational health psychologist

- 1. **Be positive.** As simple as it sounds, returning to work becomes easier when you approach it in a positive light.
- 2. **Get your sleep rhythm in order before starting work.** It's a good idea to start getting your rhythm right a few days before the end of your holiday, so you'll feel more refreshed when you start work.
- 3. **Get started efficiently.** Starting slowly will not make returning to work any easier. You should jump straight into challenging tasks so that you can get up to speed with the work right away. Memorizing passwords and tasks makes it easier to get back to work.
- 4. **Catch up with colleagues.** Casual catching up helps to tune into the same wavelength with colleagues. Shared enthusiasm creates team spirit and makes working as a team easier.
- 5. **Schedule the vacations.** You should not expect to be relaxed enough for the whole year with only one long vacation. When possible, schedule the vacations so that you can have a few extended weekends in addition to a longer consecutive vacation. This is when the restorative effect of the vacation is at its greatest, and going on vacation and returning to work will not feel too overwhelming.

