Easing "Return-to-Work" Anxiety *(Interview Transcripts)*

Ashley Lisek, APN, Family Medicine, OSF HealthCare

"People are having a hard time transitioning. Some people do get set in their place being at home and have that difficult time teetering from anxious about being home all the time and then anxious about going back in the work place and being around people they haven't been around for over a year now." (:15)

Ashley Lisek, APN, Family Medicine, OSF HealthCare

"My number one advice to getting back into it is maybe start doing your routines now the best you can. Start laying out how you would incorporate those routines because the people who have been doing this for the last year have been very set in their ways about what they are doing – so it may help by getting back into that role. Maybe a week out start waking up at the same time and do your normal routine and try to get out of the house for more extended periods of time. Try to ease yourself into getting into environments that you haven't been in for so long, which may help put you at ease a little." (:30)

Ashley Lisek, APN, Family Medicine, OSF HealthCare

"If you get to a point where this is happening more frequently and you feel like it is something that is impacting your day to where you physically cannot go about your day to day life, I recommend trying to seek help – whether that be your primary care or an emergency room setting." (:15)