



# EMOTIONAL AND MENTAL PREPARATION

### Emotional and mental preparation



The emotional and mental preparation stage is essential for family carers who want to re-enter the labour market. Here are some useful steps to help carers prepare emotionally and mentally for the transition.

### Coping Strategies

#### Identify and understand your coping strategies

Coping strategies help you manage stress and anxiety, which can be heightened during the transition back to work. Take time to identify and understand your current coping strategies.

#### Seeking professional help

Don't hesitate to seek professional help from a counsellor or therapist if needed.

#### Develop new coping strategies

Experiment with different techniques, such as meditation, exercise, breathing techniques or talking to a friend, to find new ways to manage stress.

## Self-care

- **Practice self-care regularly:** Self-care involves taking care of your physical, mental, and emotional health. Make sure you are practising self-care regularly by doing things you enjoy, eating well, and getting enough sleep.
- **Make time for yourself:** Set aside time for yourself each day, even if it's just a few minutes to do something that makes you happy.
- **Stay connected:** Stay connected with your support network, whether it's family, friends, or a support group. Remember: it can be a support group in your workplace.

## Be proactive

- **Step-by-step:** Prepare yourself to return back to the office and follow the appropriate steps to make sure you feel comfortable and confident
- **Take your time and do not overload yourself:** Return when you feel ready and always remember: there are more flexible options, e.g., remote & part-time work
- **Practise:** Have a trial run of travelling back to work or going to the office

## Useful resources & tools

- Carers UK: <https://www.carersuk.org/help-and-advice/work-and-career/thinking-of-returning-to-work/>
- Eurocarers: <https://eurocarers.org/>
- Calm: meditation and sleep app that provides guided meditations, relaxing music, and sleep stories to reduce stress and promote emotional well-being: <https://www.calm.com/>
- Sanvello: An app with tools for stress, anxiety, and depression management, including mood tracking, guided meditations, and cognitive-behavioural therapy exercises: <https://www.sanvello.com/>

*Remember: taking care of your emotional and mental well-being is just as important as preparing your CV or researching potential jobs. Use these resources and tools to help you prepare for the transition back to work! 😊*