## **Disconnecting from Work**

**ROADBLOCKS TO DISCONNECTING** 

- Experiencing a heavy workload
- Fear of:

"Acknowledge that you are human. Recognize that rest is not a sign of weakness and give yourself the ability to recharge." —Dike Drummond, MD

- missing something important
- being perceived as lazy
- not being considered for promotion
- Guilt about disappointing team
- Peer pressure
- Work culture
- Tethered to devices (technology)
- Attention residue: thoughts remain at work prohibiting engagement at home

"The problem wasn't the work I did in my office. It was the hours I spent ruminating about work when I was home. I closed the door to my office every night, but the door in my head remained wide-open and the stress just flooded in."

— Guy Winch, psychologist

## **RE-FRAME THE THOUGHT: A NEW PERSPECTIVE**

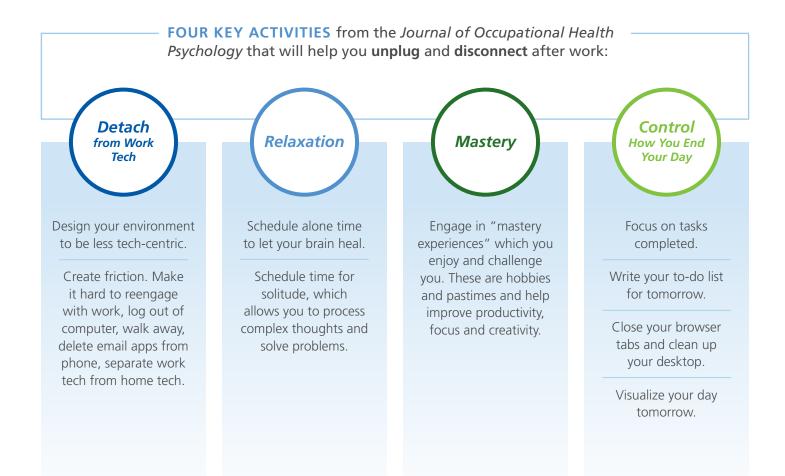
- Write down the ruminations.
- Ask: Can I let this go until tomorrow?
- Give yourself permission to let it go.
- Ask: Am I sure? Is my story accurate?
- Choose an action to take next time.
- Don't believe everything you think.

## Contact

801.442.3509 or 800.832.7733 | EAP@imail.org

Free confidential counseling services and 24/7 crisis hotline.





## THE ART OF LIVING

"Enjoying small things on a daily basis—such as good bread, a favorite café, lovely flowers, using a nice pen, a brisk walk home, reading a book to your child, dinner with your partner, an hour to yourself with a glass of wine—will help you remain relaxed at home and ready for the challenges of work."

-Gill Corkindale, executive coach

