Disconnecting from Work

ROADBLOCKS TO DISCONNECTING

- Experiencing a heavy workload
- Fear of:
  - 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

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.

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

“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

Contact
801.442.3509 or 800.832.7733 | EAP@imail.org
Free confidential counseling services and 24/7 crisis hotline.
Schedule alone time to let your brain heal.
Schedule time for solitude, which allows you to process complex thoughts and solve problems.
Engage in “mastery experiences” which you enjoy and challenge you. These are hobbies and pastimes and help improve productivity, focus, and creativity.
Focus on tasks completed.
Write your to-do list for tomorrow.
Close your browser tabs and clean up your desktop.
Visualize your day tomorrow.

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