

# Return to Work Plan Template

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Establish a morning routine

- Figure out what works best for you
- Track your progress with habit trackers
- Begin building healthy habits as soon as possible

Establish a bedtime routine

- Figure out what works best for you
- Track your progress with habit trackers
- Avoid blue light (TV, phone screen, etc.) before bed
- Keep your phone outside of the bedroom
- Begin building healthy habits as soon as possible

Prepare your morning the night before

- Help yourself stay on track with your habits by preparing the night before
- Pack your work bag the night before
- Choose what you are going to wear
- Prepare lunch if you are taking something with you

Plan breakfast and lunch

- Choose healthy foods that enhance brain function
- Avoid wasting time by making simple breakfast and lunch decisions
- Prepare healthy lunches in advance to save time in the morning

Help your family navigate the transition

- Talk to your family about what the transition will mean for them
- Be intentional about spending quality time with family when you're not at work