

# Relieve the Pressure Prompts

## Week 8 - Relationships & Workplace Well-being

### CONVERSATION PROMPTS: JAN 2ND - 8TH

As some of us return to work this week, it is important to consider that not everybody's experience of the holidays will have been one filled with joy & laughter, and so it's important not to brag too much if yours was. Here are some prompts to guide your conversations with colleagues this week;

1. Did you get a good rest over the Winter break? (Not everybody celebrates Christmas)
2. What other holidays/leave have you got coming up?
3. What are you hopeful for now that we are into another year? Did you make a resolution? How can I support you?



### WHAT NEXT?

For a range of tips, tools & videos to support you to 'Relieve the Pressure' on your relationships this winter, visit;

**Relateni.org**

Copacetic can support you with a range of workplace issues that may be affecting your wellbeing;

**copaceticbusiness  
solutions.co.uk**

### TOP TIPS TO RELIEVE THE PRESSURE THIS WEEK

- Try not to compare your experiences to your colleagues. Chances are their break had all the trials and tribulations that yours may have, but people sometimes tend to share only the best parts.
- Consider the future rather than the past - set some goals for 2023 and start regular practices that will help you reach those goals.
- If you think the workplace chat during the first week back might be triggering or overwhelming for you, work remotely where you can. If that's not possible in your job, can you wear earphones? It's also okay just to tell colleagues you'd love to catch up later but you need to concentrate on catching up with work.
- Are you ready to go back at all? Perhaps you can use annual leave to extend your break.
- Reach out for support. Does your employer have a workplace well-being program?