

COVID19 ADJUSTMENT WHEEL - TIP SHEET



DIMENSION: COMMUTING



Commuting during the pandemic has required a different to 'normal' approach for many of us. Many are asking questions such as: Is it safe to take public transport? Do I need to wear a mask on public transport or at work? How do you physical distance? If I drive to work how can I afford the parking? Can I ride share? How do I get my kids to school? If catching public transport is it ok for me to stagger my work hours so I don't travel in peak times? These are all valid questions requiring some clarity and, will likely have varying interpretations and direction in different states and municipalities. It maybe that that you can work from home remotely and don't need to travel to the office every day. To manage these issues effectively, what is necessary is that you develop a commute strategy that keeps you safe, compliant with regulations, and allows you to continue to live and work as best you can during the pandemic. The Adjustment Wheel may assist you in developing some of those strategies. The strategies should be logical, simple, and easily implemented. Keep in mind it is often the case when we are feeling under significant pressure that it is those 'obvious' solutions we don't consider.



Tips to address COMMUTING during COVID19

- **Identify and specify any commuting difficulties** you and or your family members are experiencing.
- **Develop a strategy** for each one.
- **Be prepared to alter the strategy** as circumstances change, such as a change in government COVID regulations, or your workplace requirements.
- **Have a discussion with your workplace** to determine the level of flexibility in working remotely, rostered office times and days etc.
- **Discuss with relevant others** any commute changes that need to be made regarding work; school; social and sporting activities and agree on a plan.



Prioritise your wellness and seek help early

Employee Assistance Program: is a confidential, short term assistance program provided by qualified professionals. This service is available to all employees, for both work-related and personal problems where you may need assistance, support or guidance.

Communicate: Often we tend to bottle our concerns inside which leads to them just going around and around in our mind without achieving a satisfactory solution. Sometimes just talking to a family member or a trusted colleague can break open the bottleneck and lead to some solutions.



Useful Resources



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