

Coming out of COVID19: Introduction

IPRS Health is proud to support you and your businesses in the planning for coming out of Covid-19. We understand the challenges both personally with our own colleagues and business where the journey we have had to make may have been tougher for some compared to others.

Introduction

Over the next 5 weeks we will be sharing a series of information to help you come out of Covid-19. We recognise this will be tremendously important for how successful your people are in taking to a potentially a new normal.

Week One - Musculoskeletal

Have we forgotten how to exercise and keep fit? The answer may largely be no, but the risk associated with returning to front-line work be it manual, office based or travel based means we will have to be physically prepared to embark on our returning to some level of greater activity or exposure to greater physical activities that we have been over the last several weeks.

Week Two - Mental Health

So, how difficult has this been for you, your colleagues and your business? Some may have experienced the lows and the highs of a sudden change in work, responsibilities or simply being left with the unknown. We will share with you some bite size advice looking at stress, coping and morale/motivation to help gear you and your people up for the second part of this journey.

Week Three - Wellbeing

Can we catch our breath after a short burst of exercise? Some of us may have been able to continue with a routine that enabled some exercise whilst other's may not due to work and home pressures. We will explore some of the basic things that can help us dust off the cobwebs, re-establish some level of control and motivation to get our bodies prepared for what is ahead of us.

Week Four - Reflection

Mental Health, Physical health and Wellbeing have been on the agenda for the last 4 weeks. We hope that our content has provided you with a platform to spring back into a new normal that we all face in some shape or form. Be confident in your approach and understand that a little focussed effort amongst colleagues and your business will make a lot of difference to the successful coming out of Covid-19.

How to access:

Access our content, downloadable PDFs and short videos via this [link](#) where we have created a 'Coming out of Covid-19' area for all the health related information you may need.