



*Ideas For*  
Hyping Yourself  
Up For Return To  
Work After Mat  
Leave

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## Pick Out A Few Things For Your First Week Back

A FEW EXCITING THINGS TO PREP:

- ✓ Cute outfits or new uniforms
- ✓ New coffee mug or lunch tote
- ✓ Cute stationery items
- ✓ Cute accessories (decorative scrub reels, cute badge holder, new watch)



# Create A Return To Work Vision Board



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Do you have:

- Career goals your excited to work at?
- Exciting upcoming projects you'll get to do?
- Courses or workshops you're excited to take?

Write whatever comes to mind as a positive down! This will help create a more positive mindset about going back to work :)

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## Schedule lunch or coffee with your coworker over your first week back



Send a text or email to your favourite colleague asking them if they can pencil in some time on their calendar for a return to work coffee or lunch with you sometime over your first week or two back! Even just checking in with a coworker to ask what some cool changes have been since you've been gone might help you feel more excited rather than feel left wondering about what has changed since you left.

# Treat Yourself To A Little Back To Work Make Over !

Maybe you book or buy one of the following:

- A fresh set of highlights or hair cut
- A nice manicure day
- A few new makeup products



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## Get Your Workspace Ready!

- Print your favourite family photo & pick out a cute frame for it to go into to put on your desk/ workspace. Maybe one for your wallet or car if you don't have a desk!
  - Order a personalized notebook, cute desk calendar or other fun stationery item(s)
  - Get your car ready for the commute with some fun new car coasters, travel mug & fresh scented car stick ! I also love the portable drink holder we got that holds up to six drinks for any coffee runs you might get to go on !
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