

Tips for Returning to Work Safely

- Be optimistic. Your diagnosis doesn't necessarily mean you won't be able to return to work. Every situation is unique.
- Understand that work is therapeutic and can be part of your treatment plan.
- Express to your employer your willingness to return to work, either to your own role or a new one. Do this early in your absence from work, and do it often, to enlist your employer's support.
- Identify what parts of your job might be difficult for you to perform when you return work and what parts won't be a problem. Do this while you're still recovering.
- Have a realistic discussion with your doctor about which specific job tasks you'll be able to do and which ones might need to be modified.
- Check with your employer about options for light duty or working from home. Talk openly with your employer about what you can and cannot do.
- Use the occupational or vocational assistance services that may be provided through your disability insurance plan.

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it's time to feel better