

Easing into Your Work Routine

You may not be able to fully perform your job duties in the same way as before your illness or injury. It is completely normal to find the transition back to work challenging, but there are some things you can do to care for yourself.

Some suggestions to help you adjust to a new routine:

- ☐ Build time to rest into your schedule, especially after your workday or on days off. Reach out to the health specialists at your Employee and Family Assistance Program (EFAP) to create a plan that supports your health and work goals.
- ☐ Limit checking your work email after hours. Recharging with friends and family, spending time on your own, or changing the notifications on your phone can help you protect your rest time.
- ☐ Follow your return-to-work plan. Getting back into a regular work routine takes time, so try not to do too much, too soon.
- ☐ Talk to your supervisor or school administrator if you are experiencing challenges or require assistance. Your employer wants to welcome you back and support you as you return to your work routine.
- ☐ If you are on gradual or modified return to work, provide your ASEBP contact and employer with regular updates about how you are feeling, physically and emotionally. This is particularly important if you are encountering new barriers with any aspect of the work plan or experiencing changes in your health.
- ☐ Continue to obtain and participate in any prescribed therapeutic treatments and communicate the treatment schedule to ASEBP.
- ☐ Remain in the care of your health care provider(s) so they can follow your recovery and adjust your care plan, as needed. If ASEBP requires updated medical information to adjust your return-to-work plan, we may contact your health provider or provide you with a form to share at your next appointment.

ASEBP's It Takes a Village website provides helpful health and wellness information, including more information about the specialists you can access through EFAP at no cost to you. Visit wellness.asebp.ca.