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## Return to Work Transition Service

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**Introduction:** Returning to work after a medical leave can be challenging for many people. Many individuals experience mild physical and emotional symptoms as they return to work. For instance, *many individuals have some anxiety, worry and fears about their return to work. In addition many get anxious about how they will perform in their jobs, worry about changes in their job assignments and worry about what their coworkers may think* Professional staff at the Faculty and Staff Assistance Program (FASAP) are available to help you with this transition. Below are some ways in which FASAP staff may help.

- **FASAP** staff can help you plan a strategy for talking to co-workers about your absence. Planning what to say sometimes reduces discomfort and worries.
- **FASAP** staff can help you plan your discussion with your supervisor, in order to ease your work re-entry. This can help prevent miscommunication and misunderstanding.
- **FASAP** staff can help you anticipate possible problems/issues that can come up when you return to work. Knowing what to expect sometimes reduces anxiety.
- **FASAP** can help you develop a checklist of needs/issues that may ease your work re-entry.
- **FASAP** staff can help you with referrals to programs and services, if you are interested. Receiving needed services can help you learn more and feel empowered.
- **FASAP** staff are available to simply listen. Just talking about your concerns can reduce your worries about going back to work.
- **FASAP** staff can help you develop your coping skills. Sometimes workers feel anxious about returning to work and coping skills can reduce these feelings.
- **FASAP** staff can help you monitor your thoughts and feelings about returning to work. It is normal to have a variety of concerns and feelings about work re-entry. Being aware of your thoughts and feelings can make people more effective in working with others.
- **FASAP** is available to talk with you about your work goals. Clarifying your work goals can help you reach your potential and improve your job satisfaction.
- **FASAP** staff are available to meet with you and your partner and family, if you would like. Sometimes medical conditions can influence our relationships, and talking about this can help reduce misunderstanding.