

Going Back After Time Off

Plan the first day back so it does not all land on you at once.

WHEN TO USE THIS

Use this in the days before you return to work or school.

What are you most worried about on the first day back?

What do you want to say if someone asks where you have been?

One line is plenty. You owe no one the details.

Name three things that would make the first day easier.

A short day, a quiet task, lunch with one person.

1.

2.

3.

Coming back takes longer than a day. The first one is only the first one.

The first day back is the hardest one to picture. It is rarely the hardest one.