

Going Back to Work

Get ready for the first days back at work after a loss.

WHEN TO USE THIS

Use this in the days before you go back, or after a hard first week.

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

What would help you get through a work day?

- ☐ A place to go when it hits
- ☐ Shorter days to start with
- ☐ One person there who knows
- ☐ Being able to leave if I need to
- ☐ Less on my plate the first week
- ☐ Not being asked about it
- ☐ Being asked about it
- ☐ A reason to step outside

Two or three lines for when someone asks how you are.

One for people you trust, one for people you do not.

1.

2.

3.

Who could you ask for one of the things you ticked, and when will you ask?

Being back at work is not proof that you are fine. It is only where you are today.