

- ◆ Start slowly. If you work full-time, try to negotiate part time hours at first.
- ◆ Monitor your stress, and identify strategies that will help you cope with stress, such as speaking with a co-worker, taking a tea break or a short walk in the fresh air.
- ◆ Talk to your supervisor about accommodations you may need while you are recovering, such as a shorter work day, less multi-tasking and extended deadlines.
- ◆ Build up slowly to taking on new tasks and learning new skills.
- ◆ Focus on the positives concerning what you are able to accomplish in the workday.
- ◆ As Robert Smith says, “It’s hard to take a lifetime of illness and eradicate it in a few years.” So treat yourself gently and be realistic about the time it will take you to get where you want to be.