

Ready to Work

If you have decided to return to work, this worksheet can help you be better prepared to start and keep the job you want.

Starting a Job: Being Prepared

It is important to plan for potential challenges you may face and figure out ways you can deal with them.

Potential Challenge	Solutions	Who Can Help?
Having appropriate work clothes		
Making sure I am on time for work		
Getting to appointments or taking medication during the workday		
Difficulties with supervisors and co-workers		
Performing at work on days I don't feel well		
Managing money and finances		
Other:		

Keeping a Job: Staying Healthy

It can be helpful to identify strategies to help you feel your best while you are working.

Strategies for Taking Care of Yourself	
<input type="checkbox"/> Check in regularly with your support network <input type="checkbox"/> Take your medication as prescribed <input type="checkbox"/> Advocate for yourself <input type="checkbox"/> Plan your sleep schedule <input type="checkbox"/> Eat healthy meals	<input type="checkbox"/> Exercise <input type="checkbox"/> Remember to attend doctor's appointments <input type="checkbox"/> Manage your stress <input type="checkbox"/> Do something you enjoy <input type="checkbox"/> Other: _____

For more information and free recovery resources, visit
www.ChoicesInRecovery.com