

Return to Work Employee

Narration: Are you getting ready to head back to work?

You should know that it's normal to feel a bit nervous or anxious.

We've thought a lot about how to make things smoother and be sure you're well-supported.

You're not on your own.

Remember, your family members, co-workers, manager, and Human Resources team are all there to show support.

So is your disability case manager.

As a starting point, you can download a copy of the Return To Work Guide.

It will help you understand some of the things you should do before your first day back.

Like, working with your boss to make a return-to-work plan that outlines the kinds of tasks you'll be working on.

You can also talk about your hours and even whether or not you might need some training to help you complete your work.

But also, these simple things.



Like, where you're going when you get there, what you will and won't tell others about why you were gone, and where you should go if you have any other questions or concerns.

If you have an Employee and Family Assistance Program, you may want to take advantage of some of the counseling services offered.

Remember to be kind to yourself.

It's going to take some time to adjust to your new routine.

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