

## RETURNING TO WORK

You may want to...

- Let your employer know how you are coping and discuss the best possible way to return to work
- Consider the possibility of working flex or part-time for a while
- Tell a trusted work colleague what happened if you don't feel comfortable talking to others about your loss, so they can act as a buffer and explain how you are doing. You don't have to tell your story to people if you don't want to—a simple “thank you” when they tell you how sorry they are is enough
- Consider going in to work late afternoon on the Friday before returning to see everyone, get reacquainted and receive condolences for a couple hours. This will give anyone who wishes to give you condolences or talk with you about your loss the opportunity to do so. You will then have the weekend to process. This way, when you return to work, you won't have to worry about being overwhelmed with colleagues approaching you throughout the day while you're trying to work
- Let colleagues know when you'd like to talk about your loss. Don't be afraid to say, “Now is not a good time”
- Talk to your boss/manager or colleagues if you're having trouble concentrating or worried that your work might be suffering—they could review your work for a short period of time. Don't be afraid to ask for help
- Briefly explain what has happened and excuse yourself if you think you are going to break down in a meeting. People will understand
- Let your work know if you want to be included in regular email correspondence while you are away from the office
- Take each day as it comes—your confidence will slowly return