

RETURNING TO WORK WHEN YOU ARE NOT BACK TO NORMAL

A planning sheet for energy, concentration, privacy and realistic expectations

Why this resource exists

Going back to work can look like recovery from the outside. Inside, you may still be managing fatigue, brain fog, pain, appointments, medication and fear.

The aim is not to prove that nothing has changed. It is to make work more sustainable while your capacity is still changing.

Before you return

What parts of my role require the most energy?

What times of day are usually best?

Which appointments are already known?

What can be reduced, delayed or reassigned?

What information do I want kept private?

Possible adjustments to discuss

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|---------------------------------|--|
| ■ Shorter days or fewer days | ■ Reduced travel |
| ■ A phased return | ■ Written instructions or fewer simultaneous tasks |
| ■ Work from home where possible | ■ Time for appointments and recovery |
| ■ Protected breaks | |

Your early warning signs

I am making unusual mistakes

I cannot find ordinary words

My pain rises sharply

I stop eating or drinking properly

**I am using all my energy to appear
fine**

A sentence for work

I am ready to return, but I am not yet back to my previous capacity. A phased and reviewable plan will give me the best chance of returning safely and sustainably.

Use this sheet as a starting point

You do not need to complete every section. Circle one line, write one name, or use one sentence. Small pieces of clarity are enough for today.

Important

This resource offers practical lived-experience support and does not replace medical, psychological, legal or employment advice. Contact your clinical team or emergency services if you are worried about your health or immediate safety.