

Work Related Issues Handout

You may want to answer the following questions if you are considering going back to work or changing your work situation:

What would be my ideal job?

How many hours a day () and how many days a week () can I work?
Do I need regular hours ____ or would a flexible schedule ____ be better for me? Why do I want to work? How would it benefit me?

How do I know I am ready to work?

What are the special talents, abilities, and experience that I would bring to a job?

Do I need more education or training to get the job I want? If so, how could I make that happen?

Would I prefer to be self-employed or to work for someone else? _____
What accommodations would I need from an employer to be able to work?

What would I tell employers about my mental health related issues?

Can I share a work space with others or do I need private space to work?

Could I consider working for someone else from my home? ____ Y ____ N
How would getting a job affect my family life, social life and other responsibilities?

What changes do I need to make in my life in order to be able to work and how can I make these changes?

Do I have transportation to get to a job site? If not, what could I do about it?

Will I need new or different clothes if I have a job? If so, how can I get them?

What resources are available in the community that would help me find and keep a job?

What will I do to take care of myself when I am working?

How will I relieve work related stress?

How will I know when I can't work?

How will I know when it is not the right job for me or when I need to change jobs, work fewer hours, or quit and how will I make these changes happen?

Who can assist me and support me as I look for work and begin working?

What steps do I need to take to find work that suits me?

What changes do I need to make in my current work situation and why do I need to make them?

Am I ready to make these change? ☐ Y ☐ N

How could I make these changes?

Does the job I have now make my life better or more difficult? _____

If my job makes my life more difficult what could I do to change that?

Do my employer and the other employees treat me well? ____ Y ____ N
If not, what can I do to change that?

Many people who try to do shift work or work at night find it causes an increase in troubling and distressing feelings. If you are in such a position and are having a hard time, this may be the reason. You may want to avoid such positions or have your work schedule modified.