Return-to-work plan

A gradual return after a longer absence through illness or exhaustion.

> Returning at full load on day one is the most common reason for a second collapse. The plan makes gradualness tangible. **Set a review date** — without one, the plan is quietly abandoned.

Load week by week

WEEK	HOURS A DAY	DAYS A WEEK	WHICH TASKS	WHICH I DON'T TAKE ON

Limits

What I don't take on in the first month

When I'm not reachable (evenings, weekends)

Signs at which I slow down

Written in advance

Agreements

Who I agree it with at work, and what I tell them

When I review the plan (date)

For personal use.