

# 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?

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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?

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How do I know I am ready to work?

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

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

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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?

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

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

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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?

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

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

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

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

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

How will I relieve work related stress?

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How will I know when I can't work?

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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?

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

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

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

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Am I ready to make these change? \_\_\_ Y \_\_\_ N

How could I make these changes?

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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?

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

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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.