



## HOW TO RETURN TO WORK AFTER A MENTAL HEALTH DIAGNOSIS

It can be uncomfortable returning to work after a long mental health absence. Your colleagues are naturally concerned about you. More often than not, you just don't want to talk about it. You may be sensitive about your diagnosis. You may be uncomfortable sharing information about the diagnosis and what it means for you. So how do you handle those inquisitive questions so that you can just get on with your job? This issue of CQ® provides five tips to handling inquisitive questions and getting on with your job.



Tip 1: Be brief and assuring. You can start by thanking your colleagues for their concern and briefly assure your colleagues that you are alright now.

Tip 2: Share only what you are comfortable sharing (if anything). Feel free to disclose as little or as much as you are willing to disclose to your colleagues. If you are not comfortable sharing anything about your diagnosis, then don't. You are under no obligation to disclose any more than you are comfortable sharing. You don't even have to share what the diagnosis is.

Tip 3: Redirect attention. You can redirect attention back to work-related matters, perhaps by asking your colleagues what's been happening with them since you have been away. You may also find it worth your while to ask what's been happening on team projects or specific clients that you have been involved in.

Tip 4: Get to Work. Once you have handled those inquisitive questions, you can focus on doing your job. In so doing, you are also indirectly telling your colleagues that you will only welcome work-related conversations. If your workplace engaged in social banter, you can show your colleagues that that banter is still welcome. Your colleagues will get the message that their opportunity to ask questions about your absence is now at a close.

Tip 5: Self care. While you may not want to discuss your diagnosis with your colleagues, you will still need to take care of yourself so that you do not inflame your mental health condition. This may mean taking time out to engage in relaxation techniques or going for a walk at lunchtimes. It may mean ensuring that you don't overdo it at work and that you get adequate sleep at night.

At the end of the day, you can return to work after a mental health diagnosis. And, you can continue to enjoy a productive, healthy career. So, what are you doing to resume work after a mental health diagnosis?

### OUR MISSION

To provide a professional service, using best practices.

### OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

PPP\*: \$330 per calendar year.

SEMINARS OF THE FUTURE\*: \$330 per calendar year.

We are bringing our newsletters to the electronic age. Please email us if you would like to receive CQ® and HQ® electronically. We also welcome your opinions, comments, thoughts, reflections and feedback on this and future issues of both newsletters.

You can book your place in one or more of our programs by completing the application form (see accompanying HQ®) or by downloading the application form from our website.

## STOP PRESS

We are pleased to announce that all our training can now be booked online through the Eventbrite system. Please let us know how the system is working for you and whether there is anything else that we can do to make the registration process easier for you.

## QUICK TIP

Do you get nervous at job interviews? Why not do some quiet deep breathing. You could breathe deeply on your commute to the interview venue. Alternatively, you could do some quiet deep breathing for 20 minutes in your car before walking to the interview venue. You could catch a few deep breathes while waiting for the interview to commence. Finally, you could take a deep breathe before answering any one interview question.

## CONSULTING HOURS

Dr. Abramson is available for consultation on Sundays to Thursdays, 10.00 a.m. to 6.00 p.m. Her colleagues are available by appointment.

We are open every day except 1<sup>st</sup> January, Good Friday and 25<sup>th</sup> December each year.

## LIBRARY HOUR

The **RACHEL ABRAMSON & ASSOCIATES** library is open following our **SEMINARS OF THE FUTURE**<sup>®</sup> and **pPP**<sup>®</sup> seminars. It is also open by appointment.

## FORTHCOMING ACTIVITIES

Please see our Eventbrite page for detail about the following seminars, workshops, courses and talks:

**pPP**<sup>®</sup> is our small business training program. The **pPP**<sup>®</sup> is held on the first Monday of the month, 5.30-7.30 p.m. The first year of this course covers:

- PP1: Setting Up Your Business: What You Need to Know
- PP2: Handling the Paperwork, including the GST
- PP3: Processes and Procedures that Work
- PP4: Determining Your Price and Fee Setting
- PP5: Budgets and Cash Flows

- PP6: Marketing Your Business: Your Product
  - PP7: Marketing Your Business: Promotion Strategies that Work
  - PP8: Marketing Your Business: Getting Your Image Right
  - PP9: Marketing Your Business: Alternate Places for Your Product
  - PP10: Marketing Your Business: Databases for Your Business
- Plus: Graduation Ceremony. BYO hat.

The 2017 **SEMINARS OF THE FUTURE**<sup>®</sup> combines principles from neuroscience and the power of the subconscious to develop your career.

Day 1: 12<sup>th</sup> November

- 10.00 Welcome to Your Career Brain
- 11.15 The Triune Brain, Amygdala and more
- 02.00 What the Power of the Subconscious has to Offer Your Career
- 03.15 Implications for Your Career Development

Day 2: 19<sup>th</sup> November

- 10.00 Rewiring Your Career from the Inside
- 11.15 Your Boss is not a Hungry Tiger
- 02.00 It First Happens in the Mind, So, If You Think You Can...
- 03.15 How to Make the Novel Work For You

Day 3: 26<sup>th</sup> November

- 10.00 Rewiring Your Career from the Outside
- 11.15 Are You Showing Your Age, Gender, Religion, Race ...
- 02.00 Rewiring Bosses, Colleagues, Stakeholders Clients and more
- 03.15 Five Tips from Neuroscience and the Power of the Subconscious to Take Charge of Your Career Brain's Trajectory

PLUS: A set of three talks on the psychology of share investing. These talks are based on Dr. Abramson's doctoral research.

- Talk I. The More Things Change, The More They Stay the Same. 29<sup>th</sup> Aug
- Talk II. How Do Mum and Dad Investors Compare with Fund Managers? 26<sup>th</sup> Sep
- Talk III. The Profile of the Very Human Investor: Implications for Investors. 31<sup>st</sup> Oct

Further information about any of these activities can be obtained by visiting our website. You can also ring or email Dr. Abramson during normal business hours. Emails are normally responded to within 48 hours. To book into our seminars, workshops, courses or talks, please visit [www.eventbrite.com.au/o/rachel-abramson-amp-associates-14904127668](http://www.eventbrite.com.au/o/rachel-abramson-amp-associates-14904127668).