



Going on Leave

Going on leave, whether it's short-term or for an extended time, often presents significant challenges, including:

Financial Concerns

- › Living on a reduced income and budgeting while away from work
- › Deductibility of medical expenses and other tax questions
- › Retirement planning

Work-Life Matters

- › Finding child care
- › Transportation to doctors' visits
- › Organizing your legal papers

Emotional Issues

- › Coping with your own or a loved one's disability or illness
- › Dealing with reduced mobility or energy
- › Referrals to counselors, support groups and other resources for you and your family

Returning from Leave

Handling questions about your time away might be difficult. Your co-workers could have many different reactions to you when you return:

- › Concern
- › Intrusiveness
- › Resentment

You do not have to volunteer information about your leave, so you can gently explain:

- › "It is a personal situation."
- › "It was a health concern that is now under control."
- › "I am happy to be back to work."

If you are having difficulties returning to work after a leave, an Employee Assistance Program counselor can provide insight and assistance to help you cope with this transition.

Call: **888-972-4732** DD: 800.697.0353

Online: www.guidanceresources.com

Your company Web ID: **STATENV**