

Work is Healthy



Work Disability Prevention

Information for Workers

Work Is Healthy

Work gives us a sense of self-worth and meaning. It is an important part of our identity. Work is about much more than a pay cheque. We get personal satisfaction from a job well done. Beyond the personal impact, work is an essential element in our society. It is the glue that holds our community and our economy together. When a workplace injury or illness occurs, connection to the workplace may be interrupted temporarily.

Recovery at Work

Many people believe that being away from work after an injury or illness decreases stress and allows for healing. But medical evidence proves that recovering at work is better for most workers.

Working is good for physical and mental health and can be a valuable part of the healing process.

For many people, recovering at work means doing different tasks or working a different schedule.

Focusing on what you can do makes it easier to determine transitional duties when recovering from a workplace injury or illness.

You don't have to be fully recovered before returning to your workplace. Actively participating in a recover-at-work plan can help you get better faster.

Connection

There is a strong connection between the health and well-being of people and their work environments. When people feel valued, respected and satisfied in their jobs and work in safe, healthy environments, they are likely to be more productive and committed to their work. Everyone can benefit from a healthy workplace.



Benefits of Recovery at Work

You will get many benefits from staying at work or returning to work as soon as possible after an injury or illness. Some of these benefits may include:

- Preventing other health complications by staying active
- Maintaining a sense of confidence and value
- Maintaining your income and benefits, which provide stability for you and your family
- Maintaining social contact with your co-workers and workplace
- Staying connected to your work will keep you abreast of any changes, and provide for a smoother transition back to work

Your Health & Wellness Matters

Did you know that there is a strong connection between your overall health and wellness and recovery?

A few things to consider for a healthier you:

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| Physical | sleep, healthy diet, activity |
| Intellectual | reading, learning , hobbies |
| Emotional | work-life balance, stress management, connections with others |
| Social | nurture yourself, positive relationships |
| Spiritual | faith, beliefs, values, ethics |
| Vocational | satisfaction from our work |
| Financial | manage expenses, goals |
| Environmental | be aware of risks, improve your community |

Your physical and mental health can impact your recovery. If coping seems difficult or you feel your recovery is slower than expected, think about what might be getting in the way. It might be concerns about family, work, money, your future, or how you view your situation.

Your case worker or health care provider can help you to identify and work through barriers to recovery.



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