

SHOULD YOU TAKE A STRESS LEAVE FROM YOUR JOB?



The
**CUBICLE
CHICK**

Ask yourself these questions:

NO

YES

Your physician feels you qualify for a leave.

NO

YES

You are experiencing a serious health condition that can impede workflow.

NO

YES

You have symptoms of anxiety, stress, depression confirmed by professional.

NO

YES

You are receiving treatment that causes the incapacity to work.

NO

YES

You can no longer perform your job duties.

NO

YES

You continuously call-in sick or take personal days.

NO

YES

Have exhausted all avenues with managers/HR/boss.