

Preparing to Return to Work or School

Although you may be anxious to get back to business as usual after your weight-loss surgery, returning to work or school brings a whole new set of challenges. Time and stress management will become more important. You will have to fit physical activity into your already full schedule. You will likely need to sharpen your stress management skills. And be prepared for the reactions of colleagues.

Here are some tips to help you make a successful transition:

- Prepare lunches in advance.
- Buy food to keep at work or school:
 - Sugar-free, fat-free yogurt
 - Packs of carrots
 - Cheese sticks
 - Canned juice-packed fruits (drained)
 - Canned protein drinks or protein packs
 - Small cans of tuna, salmon, or chicken
- Buy small plastic containers to carry your lunch.
- Get a small alarm or timer to set by your phone or computer. Use this to remind you to:
 - Drink your water.
 - Take your supplements.
 - Take your snack or meal break.
 - Go for walks.
- Get a pedometer to work on increasing your steps.
- Have an extra pair of tennis shoes and socks by your desk.
- Buy a decorative container to keep supplements on your work desk.
- Buy a water bottle to keep with you.
- Buy bottled water and travel-sized flavor packs.
- Prepare a list of phone numbers of your support people.
- Be prepared for comments and questions from colleagues. People will notice your weight loss and changed eating habits and may have questions. Think about how you will respond.