



Back to My Everyday Professional Life

The Swiss Cancer League's Guide for Cancer Survivors



Finding the Way Back to Everyday Professional Life

Each Cancer is Unique

There isn't just ONE TYPE of cancer. Each person reacts individually to the disease and deals with the situation in a very personal way.

What Work Colleagues May Not Necessarily Know

Cancer leaves its mark. The physical and psychological constitutions are changed. Many cancer survivors face fatigue and concentration problems. You are no longer as resilient as before.

It may be that not all of your work colleagues are aware of your condition. Or, that they are unsure of what to expect when you return to work.

It Concerns You

Proactive and honest communication with managers, supervisors and work colleagues about your needs contribute to the success of your return to work.

Your managers, supervisors, team and the human resources department will assist you in this challenging time.

What Makes the Return to Work Easier for Everyone Concerned

- Make sure you already start thinking about your return to the workplace during your treatment.
- It is important that you inform yourself in a timely manner about the occupational guidelines for your return to the workplace.
- What would you like to tell your colleagues about your condition? Prepare a kind of internal standard text in advance.
- Think about what you do NOT want to share with your colleagues.
- Who else would you like to be informed and should you inform them? What type of information would you like to provide? When and how should this be done? Your supervisor/manager or your human resources manager can help you with this clarification.
- Your colleagues, supervisors and managers might respond to your return to work in a reserved manner. You may have to make an effort to understand this, because they could also feel insecure in this situation.
- Are you concerned that you will not be able to continue working as before? Speak openly about your needs and any work performance limitations.
- Even if it is difficult for you: Take the first step and ask for support when returning to work.



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Support provided via:

Cancer Hotline



Free telephone hotline (Mo–Fr, from 9 am to 7 pm, English, German, French, Italian)

0800 11 88 11



Your Cantonal Cancer League

Presented by Your Cancer League