

Thriving at work with inflammatory bowel disease (IBD)

Reflecting on your relationship to work

People, like you, with IBD are all unique, as are your support needs at work, which can vary during changes in symptoms. Living with IBD doesn't mean you can't have a fulfilling career. You can create a win-win in your work life by first reflecting on what you need for your health and your career development, alongside what your job requires.

Here are some thought-starter questions and resources to help you continue your reflection. As your circumstances evolve, you may want to return to your reflection and check whether your answers still feel right.



- What is your skillset?
- Do you know your strengths and weaknesses?
- What education and experience do you offer?
- What are you interested in – what lights you up?
- How do you want to make an impact on the world?
- Where do you see yourself in 5 years?



- How does your condition affect you physically and emotionally?
- What role does your treatment or medication have in your lifestyle?
- What do you do to cope with stress?
- How comfortable are you to let others support you on a challenging day?



- What are the physical demands of the job?
- Make a list of all the tasks required for the role. Can you cope with them on good days? Can you cope with them on a challenging day?
- Are there alternative ways to create enough flexibility for you to achieve the same goals, such as job sharing, working from home or working part-time or altered hours?
- Does the job suit your circumstances? How supportive are the workplace policies and culture to your emotional and physical needs? For example sick days, easy bathroom access, paid and unpaid leave.

Other resources

Guide to working with IBD
[Crohn's and Colitis Australia](#)

Everyday guide to living well
[Everyday Health](#)

Interviewing tips
[NSW Government](#)

Finding a job with a chronic health condition/disability for young people
[The Royal Children's Hospital Melbourne](#)

Managing your illness while working
[NSW Government](#)

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