

NOT INTO YOUR JOB? Let's see how you can COPE!



IDENTIFY THE CORE ISSUES

Instead of getting wrapped up in how unpleasant your feelings are, identify what exactly is causing that unhappiness. Is it your position/specific task that you hate, or is it your employer? Is it about your coworkers? Is it about the commute? Write it out - be specific.

SWITCH YOUR PERSPECTIVE

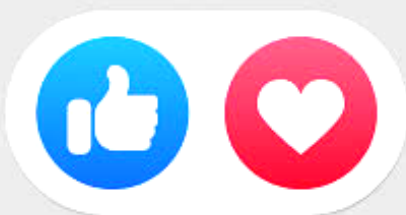
Be aware of your expectations of What a Job Should Be. Is it realistic/fair? Ask yourself, honestly, "Am I expecting my job to meet all of my professional/creative/social/personal desires and satisfy me in every possible way? What if you try to improve/change one of your expectation based on your current reality or compromise on an aspect of problem /career goal? Try to visualise it & appreciate how your current job has been helping you all this while?

Remember, although you are not enjoying what you're doing, doing a good job itself will help to lift your motivation & boost your confidence a little bit.



FOCUS ON WHAT YOU LIKE ABOUT YOUR WORK & RAMP IT UP

Yes, you are unhappy about certain things in your job, but that doesn't mean you have to neglect the parts that you like. The shift in your focus can give you the strength to tackle the tough parts. Consider things like your working environment, coworkers, workspace, opportunities for learning, benefits, stability & your commute.



STAY POSITIVE!



Yes, it's not easy to stay positive during difficult times as we become so involved in the situation that all we can see is the problem. However, you can do the magic by stepping away from the issue and....

- *Learn to relax*
- *Have regular breaks during work time*
- *Reward yourself regularly*
- *Avoid negative conversations, gossip, & unhealthy work relationships*
- *Use your lunch time efficiently (have good conversation with coworkers, talk about things other than work related; get some fresh air)*
- *Decorate your workspace with motivational quotes / images*

LIVE A BALANCED LIFE

Your career fulfils only one angle of your life's pie chart. If you are unsatisfied with that angle, try to widen other angles in your pie chart (family life; social life; relationship; random act of kindness; hobbies; side income). Get the desired satisfaction/happiness from the other aspects of your life. Rely your self-worth on those aspect/s.



TALK TO A PROFESSIONAL

We all agree that those things are easy to say than done. Remember, practice makes perfect. If you face difficulties in trying/ maintaining those habits or feel lost, do get professional's help. They can support and guide you! After all, you are not alone!