

## When Your Career Becomes Very Stressful

What do you do when the career you have chosen stresses you out? When this happens, it is easy to get depressed since your career is very important. As a result, here are some suggestions on how to deal with your career anxieties. Determine why your career makes you stressed out. Maybe its some aspect of your career that makes you anxious or maybe you need a new job. Do some soul searching and determine the main causes of your career anxieties. Once you know why you are stressed, then develop a plan of action. Maybe it is not your career that is stressful, but instead your job that is the problem. If it is your job that makes you anxious then try to find ways to improve the situation. If this does not work then change jobs. Sometimes it may be the career itself that is the problem. Do not be afraid to change careers if you have to. People nowadays change careers for various reasons. Many adults go back to school to get the necessary training for their new career. The important thing is to determine which career best suits you. Remember you have options. There are all kinds of jobs and careers out there so do not feel that your back is in the corner. If you do not know what to do, then take a career skills assessment test which will determine what kind of job or career best suits your particular interests and skill sets. There are many career coaches that can give you additional advice. Your local college has career counselors that can give you much assistance and provide you with information on a variety of careers. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their career or job problems. It never hurts to ask for help. A technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements. It is important to find a job or career that makes you feel good about yourself. Do not just take a job because the money is good or because it will impress your friends. You are the one who has to go to work everyday, so find something that you like to do and also will pay the bills. It will take some work, but eventually you will find something.

## About the Author

Stan Popovich is the author of, *A Layman's Guide to Managing Fear*, an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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