

Managing The Anxieties And Stresses Of Starting A New Job

Sometimes, fear and anxiety can overwhelm us when we get hired for a new job. After being unemployed for a while it is nice to get back into the work force, however it can be stressful adjusting to a new place of employment. As a result, here is list of things a person can use to help with the transition of starting a new job. Be friendly with everyone you meet and smile. If you go to a new job, you will meet many new people for the first time. First impressions are important. It is important to be nice and smile when you are being introduced to your future colleagues. Many people will warm up to you if you are friendly and easy to get along with. Do not be too eager in getting people to like you. Being too eager can give people the wrong impression that you are desperate to make friends and this can make you look less confident. Just learn to be yourself and give it some time in developing friendships at work. Let things happen naturally and do not rush things. Learn what is expected from you when you are doing job. Your boss will tell you what you are responsible for and make sure you understand your tasks. You will be judged by how you perform at your job and you want to make a good impression with your employer. Do not assume anything. If you have any questions, ask. There is no such thing as a dumb question. Watch what you say when dealing with your colleagues. You do not want to say something that you will regret. If someone comes up to you and starts to talk about someone else, just be friendly but do not contribute to the gossip. You do not want to say the wrong thing and get people upset with you. Do not say anything negative and be positive about everything. Sometimes at our new place of employment you may become stressed out when everything happens all at once. When this happens, a person should relax and try to find something to do for a few minutes to calm down. A person could get some fresh air, take a walk, or do an activity that will give them a fresh outlook on things. This is a great way to reduce your anxieties and stresses that come at you all at once. Another idea that can be of good use is to have a small notebook of positive statements that you can carry around with you. There are many self help books that can give you positive encouragement. Write some of those statements down in your notebook and carry it with you in your pocket. When you feel stressed, open up your notebook and read what is inside. If you still have trouble adjusting to your new place of employment, then talk to a professional, counselor or human resources person. Many places of employment have programs that deal with how to manage your health and mental well being. Take advantage of those programs. Eventually you will adjust to your new place of work. Just be yourself and do your best. That is all anyone can ask of you.

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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