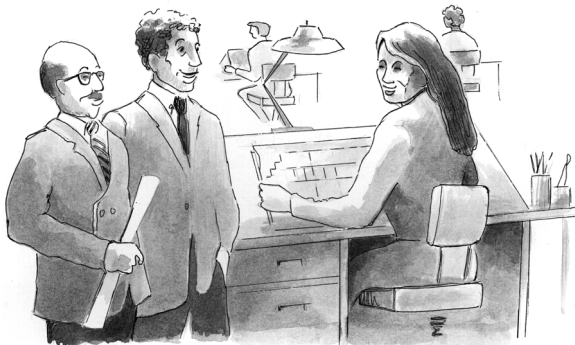




Your New Job

Solutions for Common Stresses



Learn as much about your company, your coworkers and job as possible.

You have finally landed the job of your dreams and now aren't quite sure it's for you. You find your heart racing as you approach the office and feel anxious. You want to be happy again. Why are you feeling this way and what are some solutions for stabilizing your work life?

What the New Job Means

If this is your first job, you feel like the new kid on the block. You're meeting new people, trying to remember who they are and wondering if the job skills you're bringing are good enough. The confidence and calm of everyone else may be unnerving.

If you're being promoted to a job you have worked hard to get, the success can sometimes be bittersweet. You may have trouble with or even have twinges of guilt toward coworkers who also applied for your job. If you have moved to management, you may feel like a fish out of water. You don't feel "equal" to your old bosses but don't really fit in with the coworkers in your old job. You may even be supervising your old coworkers, which has its own challenges.

Solutions

With an entry level or new job, prepare yourself the night before by using a technique called visualization. Close your eyes and rehearse what your day will be like. See yourself as calm and confident. If you make a mistake, such as dropping your coffee cup, see yourself gracefully smiling, and others responding with understanding smiles, as you calmly clean it up. Visualization can help you face your worst fears. When you actually go the first day, it will seem like the second day because of your rehearsal.

You will also feel better if you try to learn as much about your company, your coworkers and job as possible. Write down names and titles and learn them. Remember, there's the formal organizational chart but there's also the informal one. With time you will learn about where the power really is and who's trustworthy. Select mentors and role models.

Watch carefully and hold back strong opinions of what you think is wrong with the way things are run. Avoid putting others on the defensive. Just sit back, take some deep breaths and try to be an observer in your new world. There will be plenty of time to make startling and helpful observations when people know you and trust your opinion.

In any new job, you can expect to feel some lack of confidence in the beginning. The job is new and it will be different than your former job. You have many things to learn and you will temporarily need to put in more time and energy at work to increase your confidence. Try to make your personal life less demanding until you're established at work.

By breaking your job into smaller tasks and setting short-range and long-range goals for yourself, you won't feel so overwhelmed. Seek help from coworkers to learn the tricks of the trade.

If you have received a promotion, time will show that you deserved it. Former coworkers will eventually accept the change, even though they may not like it. Your relationships with them may be changed forever and that may be a loss you'll have to face. By focusing on the challenge in the new job and making new friends, you can again be happy.

When to Seek Help

If you're having any major adjustment problems after two or three months, you'll want to talk to your supervisor.

If new job problems continue to disrupt your life, professional counseling is in order. You want to make your new job a challenge that you're able to meet.