

## Wisdom in the Workplace

Do you dread going into work each day? Perhaps your relationships with co-workers are strained, or maybe your supervisor is a challenge. If you feel you don't have the option of changing jobs, how do you handle this level of stress every day?

Start by giving yourself a long-term plan, a way of leaving the position by a specific date if the situation doesn't improve. No one wants to be under intense stress day in, day out. It takes a heavy toll on your physical and emotional health, and no job is worth that.

The next step is to focus on the gain, not the pain. Easier said than done! Reflect on what you've learned and accomplished since starting this job, and make a list of all the opportunities it has provided. This information will come in handy down the road when you're writing a resume for a new position.

Take a good look at your co-workers and supervisors. What qualities can you admire and appreciate in them? What strengths do they bring to the team? What about your own strengths – do you hold back or offer them freely?

Respect is a key component in all relationships – respect for self, and for others. Do you clearly communicate your needs to co-workers and supervisors, or mutter resentfully under your breath? Look for ways in which you may be contributing to the stress, and take steps to change that.

All it takes is one person to make or break the tension in a room, so aim to be the one who brings harmony into your workplace. If you do, you'll be the one everyone remembers as the key player on the team.

And you'll end up with a great reference for your next job!



### Six Secrets to Saving Your Sanity At Work

1. *Develop a plan for leaving*
2. *Focus on the gain, not the pain*
3. *Notice and appreciate the strengths of team members*
4. *Demonstrate respect for yourself and others*
5. *Change how you respond to situations*
6. *Become the harmony you want to experience*

Take another step by booking a coaching session at [www.juliewiseconsulting.com](http://www.juliewiseconsulting.com)

**Awaken Your Potential!**  
**Julie Wise ~ Life Consultant and Relationship Coach**  
[www.juliewiseconsulting.com](http://www.juliewiseconsulting.com)