

# YOUR NEW JOB

## *Solutions For Common Stresses*



Visualization is helpful before starting a new job.

You have finally landed the job of your dreams and now aren't quite sure it is 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 are 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 are being promoted to a job you have worked hard to get, the success can sometimes be bitter-sweet. You may have trouble with or even have twinges of guilt towards co-workers who also applied for your job. If you have moved to management, you may feel like a duck out of water. You don't feel "equal" to your old bosses but don't really fit in with the co-workers in your old job. You may even be supervising your old co-workers, 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 and learn as much about your company, your co-workers, and job as possible. Write down names and titles and learn them. Remember, there is the formal organizational chart but there is also the informal one. With time you will learn about where the power really is and who is trustworthy. Select mentors and role models.

Watch a lot 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 and make your personal life less demanding until you are 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 co-workers to learn the tricks of the trade.

If you have received a promotion, time will show that you deserved it. Former co-workers 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 will 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 are having any major adjustment problems after two or three months, you will 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 were able to meet.