How to Deal with New Job Stress
(Courtesy of www.ehow.com)

America encourages hard work, sometimes to the point of losing the balance in your life. The change inherent in a new job can produce increased stress, as the new jobholder encounters the steep learning curve presented by a sometimes incredible amount of new information. Take the first few weeks and months calmly, and work to maintain a sense of balance and serenity in your home and family life. A sane worker is a productive worker.

Here are some instructions on how to deal with new job stress:

1. Take time for yourself. Whether you work a 14-hour or 8-hour day, take time to unwind the way that works for you. This can mean a hot bath, newspaper, book before bed or television program. With young children underfoot, you may have to settle for that bath: closing the bathroom door for 10 or 15 minutes and enjoying some brief alone time.

2. Exercise. Run, bike, do yoga or hit the gym, even for 15 minutes at a time, to de-stress. Even walking the dog or gardening can do wonders to clear your mind and help you breathe more calmly again.

3. Treat yourself. Indulge in a movie, restaurant meal, sports game or whatever takes your mind off your work. Try not to compensate by dipping into sweets or the cookie jar, however, if you want to avoid beginning a dangerous pattern. The same goes for alcoholic refreshments, although a beer or glass of wine can be fine and calming in moderation.

4. Socialize with friends outside of the workplace. While it’s great to kick back with new work buddies, try to make sure you establish your own life unconnected to the workplace, as well.

5. Free your mind. Try not to go to sleep or wake up with work matters on your brain. Despite technology, keep office work at the office as much as possible. Let yourself have a life.