Handling Workplace Emotions

With so much of your life spent at work, you’re bound to experience a range of emotions while on the job. If your goal is to minimize the negative emotions, maximize the positive ones and create a healthier work environment, here are some suggestions to keep in mind:

- **Don’t expect your company to take responsibility for your personal fulfillment.** Taking responsibility for how you feel frees you up from unrealistic expectations that can keep you stuck in negative thinking patterns.

- **Acknowledge your feelings and what causes them.** It’s normal to feel sadness, disappointment, anger, fear and elation. If you deny your feelings, they can build up and find their way out at the wrong time or place.

- **Tackle habits and attitudes that keep you stuck.** We sometimes create our own unhappiness with habits ranging from procrastination to “vegging out” in front of the computer.

- **Move forward.** Often, people bring personal baggage into the workplace. When you come to work, leave your baggage at the door.

- **Get support.** Don’t give up if you feel dissatisfied in the workplace. Challenge yourself to improve your skills and your outlook. Take advantage of your Employee Assistance Program for access to a wide range of resources that can help you gain a new perspective.

Here when you need us.

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