

4 WAYS TO FIND MORE HAPPY

Let it go...

Forget the sucky things about work that you can't change; focus on the aspects that fall under your control. There's nothing to be gained from obsessing over things that you cannot fix.

Find the humour

Look for the funny or entertaining angle in an otherwise annoying situation. Laugh (rather than cry) when things get silly and frustrating. And try not to jump to conclusions - give people the benefit of the doubt; as they say: 'never ascribe to malice that which can be explained by incompetence'.

Concentrate on non-work stuff

Hopefully you've got a few things outside of work that you care about. Focus on the other important parts of your life and make sure your career isn't the only thing that defines you.

Focus on the good

Why did you take this job originally - do those things still ring true? A short commute, meaningful mission, awesome clients, learning opportunities ... try to remember and appreciate the upsides. At the very least, it keeps the bills paid and food on the table (hopefully).