

Is your Job or Career Hurting You or Helping You? 7 Steps to work Ahhhhs (not BLAHHS)

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Do you ever wake up after a long weekend and with one eye cocked open look at the clock and the calendar, groaning and moaning (no we are not going there quite yet :-) wishing it was still the weekend?

OR have you ever been away for a nice relaxing vacation and dreaded returning home to your job, life or career?

Have you ever wondered why?

Well if you answered YES to any of these questions.... then **you have a choice..... to keep doing what you've been doing and getting these same results (the definition of insanity).... OR CHANGE SOMETHING, feel fantastic and love your life!!!!**

Are you ready to find out how? GREAT keep reading and you will...

Which brings me to the story of one of my clients- we will call her Sharlene. She was a loyal employee and was working 9 to 5, 40+ hours a week, for the same company, for the past 14 years. She came to me because she wasn't happy with her life and she didn't know what to do, or where to start changing her life. She was unhappy with her financial situation, so we crunched her numbers and figured out how much she would need to make to be happier and have more freedom in her life. She was angry and irritable most days and talked about how she was rarely acknowledged favorably at work. She reported that her relationships at the office and home were strained and as a by-product of this she was depressed and overeating to comfort herself each evening when she came home. She always had an excuse not to exercise, thus she was overweight and unhappy.

Does this sound familiar to any of you? Read on...

Her one saving grace was the clients that she talked to on the phone each day; they helped her to hang in there, told her she was great and one of them knew me and referred her to me. This is when we started working week by week on implementing these very same **7 important steps to change her work blahs into work AHHS!**

1. Change your Attitude: Regardless of your situation or surroundings you need to **first- become aware** if your words and communication with yourself and others are positive or negative? Then you need to **change these thoughts, words and your focus from negative to positive**. You must only focus on what you want- the things that make you feel good, happy, joyful and passionate. According to the **Law of Attraction-** you will pull these things you want into your life. **Third- act as if you love your job** and find things to love about it until you can change it. You can only attract to you what you are "being". So if you want to feel good at your job you have to *just feel*

good!!! *****Check out my emotional management tool in my Are you Stressed Cd and Guidebook It really works!!!**

2. Improve your environment or surroundings: Notice what you love about your job and your surroundings and what you don't desire. Then start changing the little things that may be causing you some upset. Add a plant, a fountain with water for soothing sounds, have soft music at your desk, if needed use earphones to not disturb others, have a meeting with your boss-change your hours, change your job responsibilities, location of your desk or office etc. **Do something different so you can change your attitude so you can attract something new different and wonderful- like you are!!**

3. Take care of yourself first!!! Did you know **your basic needs can make or break you?** Do you even know what your basic needs are? They are the **need for food, water, sleep, elimination, shelter, safety, love and belonging.** Have you ever experienced a shortage or lack in any of these areas? How did it feel? You can probably recall when you have been hungry or thirsty? We sure can get pretty cranky and animal like....anyone relate? So my **live healthy rule** is to **make sure you are well taken care of in all these areas FIRST before you have to give or serve others, that way you will feel best and then work at your optimal best.**

4. Exercise for your mood and health: DID you know certain types of exercise have been proven to produce in our body natural anti-depressants; that is **Endorphins.** I always recommend my clients do some sort of cardio-vascular and weight-bearing high intensity exercise at least every other day for a minimum 30-40 minutes. It takes about 20 minutes for the Endorphins to kick in, so working out 10-20 more minutes gives you that great happy feeling that lasts all day long.. That's why I work out in the morning, because then I get that great natural high and fat burn all day long*. Research has also shown that people who consistently work out in the morning are more likely to stick to a exercise regiment and get positive health results more than people who workout in the evening (evening exercisers make up more excuses not to go at the end of the day, so are less successful at attaining and maintaining their health goals.)

5. Improve your relationships personally AND professionally: You are greatly affected by the people around you. When you are in conflict or upset with others at work, or at home this dramatically **affects your self esteem, your attitude, your creativity and especially your productivity.** This could also affect your ability to get a raise or promotion; which can really have a negative financial impact on your life. SO improving your relationships would be a really good thing for you to do. HOW? You will need to learn skills and tools to create win-win situations where neither person feels wrong. **Remember no one likes to feel wrong!** I provide coaching in the areas of communication and listening-two of the most important skills we all need to learn to do better. Here's my two tips: begin to listen better and reflect back to the person what you heard; this way they feel heard and will more likely listen to you. Second, negotiate and speak in an equitable and fair manner to create connection; **use I statements** so no one feels they are wrong. Doing just these 2 things will give you a good start, for more improvement call or email me.

6. Participate in a hobby on your off time: People who spend time outside of work doing something that they love; that brings them joy and pleasure, usually are much happier healthier people. They usually have fewer colds, are more productive and have less depression (according to the CDC). What can you start doing that would help change your mood and health? Golf, walking, play a musical instrument, hiking, gardening, arts & crafts???? **Pick one and do it at least 2-3 hrs each weekend and see the results you get. Write me with your success stories!!!**

7. Become involved in something you love and something you are passionate about: You've seen people who have become involved in some project, charity or cause that they have deep feelings and passion for; they light up, they skip, everything seems to work in there lives.....why? Because according to the **Law of Attraction- Like attracts like, positive energy attracts positive energy. SO If you are doing something you love and you're happy and passionate that's what you'll have in all the parts of your life, even at your job. If you are frustrated, depressed, angry and bored..... you will attract and have more of that.. What do you want???**

The choices are yours now!!!! You can begin to implement as my client Sharlene did these 7 steps and dramatically change a job or career that is hurting you BLAHH!! Into a job or career that nurtures and keeps you happy and healthy AHHHH!!!!

MAKE your Choice! IF Sharlene changed her life you can too!

REMEMBER I am here to assist you ☺

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