

EMPLOYEE ASSISTANCE PROGRAM

FINDING JOY AT WORK

Contributing your unique talents can generate joy for you at work.

Is it possible to tap into your joy in the workplace? We may sometimes forget how to do it, but rediscovering joy is entirely possible. While few Monday mornings may feel like joyful escapades, there are ways to refresh your work groove.

It helps to be willing to try and see through the imperfections of the present. Workload chaos aside, a wise course is to stop and think about your unique strengths and abilities, and ask yourself if you're getting the most out of your talents.



Consider these steps for reclaiming joy at work.

- **Fully engage with co-workers.** Even if you're currently uninspired at work, don't disconnect from those around you. Instead, show interest in their lives. By extending yourself, in turn you'll receive mutual support and kindness that can help you through tough times. Also, look for opportunities to help your colleagues; this will not only benefit the larger team but can result in new, unexpected friendships.
- **Spot growth opportunities.** Rather than protecting yourself from failure on the job, volunteer for new projects or other tasks that will require you to stretch in new directions.
- **Help solve problems for others.** There's always a new, unexpected, possibly befuddling challenge coming around the bend at work. Try thinking "outside the box" and contributing some innovative ideas. For the benefit of the team, apply a strength or talent (creativity, data analysis, project management) in your work rather than leaving those things at the door.
- **Be generous with praise.** Provide genuine words of acclaim for anyone at work you recognize as having made a contribution. Providing compliments is easy. Doing so, you'll quickly gain happiness and earn respect in your environment.
- **Take responsibility and thrive.** Sometimes, the last thing you want to do is raise your hand and take responsibility for something, but often that's the best way to make a positive impact.
- **Have a laugh.** A good chuckle is great for the body and soul in any setting. Some tasteful humor in the moment at work helps quickly cut the tension and put people at ease. The resulting joy can lead to creative, collaborative brainstorming.