

Quick Question-Any adult

Have you ever felt job burnout? What did you do to work through it? Was your employer supportive?

Name: _____

Worksite Reflection

What was something that happened at work this week? (an event, a problem, an interaction, a success, etc.)

Administrative Questions

Is your phone number the same? YES NO
 Do you have active phone service? YES NO
 Is everything at work satisfactory? YES NO
 Are you getting enough hours? YES NO
 If you selected NO, explain:

	POINTS	EARNED	On time	Late
Journal	5		Date turned in:	
Scenario	5		Weeks late (points off):	
Question	5		Final Score:	
Reflection	3			
Admin	2			

Job Burnout

Burnout can cause physical or emotional exhaustion, feelings of worthlessness, and a loss of identity. It can make you hate your job. Burnout can be caused by a variety of situations.

Lack of control.

An inability to make decisions that affect your job, such as schedule, tasks, or workload, could lead to burnout. So could a lack of resources you need to do your work.

Unclear job expectations.

If you're unclear about what your supervisor expects from you, you're not likely to feel comfortable at work.

Dysfunctional workplace dynamics.

Working with an office bully, or feeling undermined by coworkers or a manager can contribute to job stress.

Extremes of activity.

When a job is boring or chaotic, you need energy to remain focused — which can lead to burnout.

Lack of social support.

If you feel alone at work and in your personal life, you might feel more stressed.

Work-life imbalance.

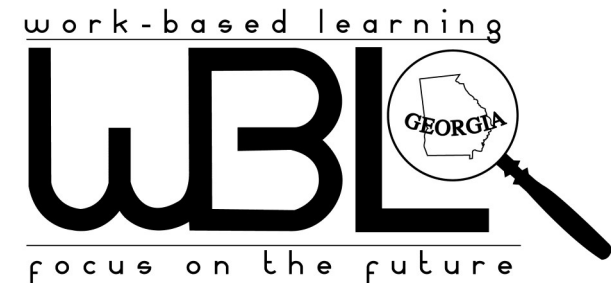
If you work so much that you don't have time to spend time with family and friends, you might burn out.

Handling Job Burnout

- Evaluate your options and discuss with your boss.
- Seek support from coworkers, friends, or family.
- Find an activity that you enjoy and do it before and after work.
- Get some exercise to help you to deal with stress.
- Protect your health by getting enough sleep.
- Keep an open mind and have patience as you consider your options.



I Hate My Job. Now What?



Why Do You Hate Your Job

There's no doubt, work is a huge part of our lives so we want to be happy doing it. Hating a job is a tough way to spend your waking hours.

First things first, you need to figure out why you hate your job and how you can fix it.

Ask yourself the following questions:

- What initially attracted you to your job? Does that still appeal to you?
- What changed in your workplace that makes it seem unbearable? Will it change again?
- What can you learn or gain from your current job?
- Do you give your job your best? What could you do differently?
- Are you going through a personal situation that is making everything you do seem difficult?
- Where do you see yourself working in five years and how can this job help you get there?

What Are My Options

Do nothing

Some problems are temporary. Problems outside of your control can make work seem unbearable at times. You may just have to ride things out a little longer. Personal problems can also be so overwhelming that everything seems like a chore. Once circumstances outside of work improve, you may find things aren't so bad after all.



DID YOU KNOW?

People spend 328 days socializing with friends over a lifetime. However, the average person spends 13 years and two months at work (Huff Post).

Continue to hate your job

You don't have to do anything about hating your job. You can choose to stay and be dissatisfied which is a rough path to take. Although with introspection, you can find ways to make yourself happier.

Try to make work more enjoyable

There's always something you can change at work to make it go by faster or be more enjoyable. Listen to music if possible or reward yourself for finishing an unpleasant task (within your work guidelines).

Give yourself an attitude adjustment

Changing the way you feel about your job is probably the hardest thing to do, but it's important. Chances are you'll feel this way about more than one job in your lifetime. If you feel like you don't like something, you'll hate doing it off the bat. Approach disliked tasks like a race to get to the tasks you enjoy. Do them first so you can end your day with something more enjoyable.

Find what makes you happy

Explore your interests and assess your current skills. It's easy to say "I hate my job," but often harder to figure out what it is you really want to do.

Quit your job

STOP! You are in Work Based Learning; you gotta talk to your WBL Coordinator first! Think about your reasons why you're unhappy and discuss it in a calm, objective way. You may discover you're bored and just mildly unhappy which everyone experiences at one point or another. You'll find your Coordinator is probably understanding and will work with you and your employer to ensure your success.

Remember—many of the best lessons in life come from learning about what you DON'T want to do.

Name: _____

Journal

Describe a time or situation in which you disliked your job. What happened to cause those feelings? What did you do to move past them?

Worksite Scenario

Jordan has worked at the same job for two years. She works long, strenuous hours. When she gets home, she has little patience for her family and no longer sees her friends. She is experiencing job burnout. What should she do to move past this?
