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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

When Your Career Becomes Very Stressful

By Stan Popovich

What do you do when the career you have chosen stresses you out? When this happens, it is easy to get depressed since your career is very important. As a result, here are some suggestions on how to deal with your career anxieties.

Determine why your career makes you stressed out. Maybe its some aspect of your career that makes you anxious or maybe you need a new job. Do some soul searching and determine the main causes of your career anxieties. Once you know why you are stressed, then develop a plan of action.

Maybe it is not your career that is stressful, but instead your job that is the problem. If it is your job that makes you anxious then try to find ways to improve the situation. If this doesn't work then change jobs.

Sometimes it may be the career itself that is the problem. Do not be afraid to change careers if you have to. People nowadays change careers for various reasons. Many adults go back to school to get the necessary training for their new career. The important thing is to determine which career best suits you.

Remember you have options. There are all kinds of jobs and careers out there so do not feel that your back is in the corner. If you do not know what to do, then take a career skills assessment test which will determine what kind of job or career best suits your particular interests and skill sets.

There are many career coaches that can give you additional advice. Your local college has career counselors that can give you much assistance and provide you with information on a variety of careers.

It is important to find a job or career that makes you feel good about yourself. Do not just take a job because the money is good or because it will impress your friends. You're the one who has to go to work everyday, so find something that you like to do and also will pay the bills. It will take some work, but eventually you will find something.

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For

additional information go to:

<http://www.managingfear.com>

Career Enhancement Tools For Stress Management

By Joyce Jackson

Career Enhancement Tools

No matter what your career, you will periodically face stressful situations from time to time. Handling stress in the workplace is challenging. Those that manage it well will be top candidates for career advancement.

Stress management requires skills and techniques. These are learned over time in a work environment or through career enhancement courses.

The first effective step in stress management is to "carve" away at it a little at a time. Solving stress issues with a "rip the bandaid off" approach more often than not creates even more stress. Take a step-at-a-time approach to solving the issue.

Second, most stress at the office starts at home. Take a look at your personal life. If you can narrow down the issues there as to what is causing the stress you can then begin to work it out slowly. Once things are running better at home they will be better in your work arena, too.

Third, your job and career can be a stressful one. If it is, decide either how you can handle the stress better or think of changing careers. You may need outside help with this decision and this is where a lot of other career enhancement tools come in to play: by providing help and information for this type of decision.

It's also important to know many people experience severe stress in their careers. You are not alone. Career-minded individuals who are focused on success tend to stick with their jobs over the long haul. In order to advance and prove your value when the next round of promotions come, you must be able to deal with stress effectively.

Finally, a few quick tools to help with stress:

1. Avoid Stress

Stay focused on your work. Exceed expectations by demanding excellence from yourself even if no one else does.

2. Be Organized

Keep a day planner and use it!

When Your Career Becomes Very Stressful

3. Talk Less

Professionals focus on doing their work. Gossip creates stress. Playing "he said she said" is not only tacky but dangerous. Danger will cause stress.

These little tools will help while you look for larger and better solutions in handling stress on your way

to career advancement. There is also career enhancement information for your use at Career Enhancement Basics.

Joyce Jackson has spent 30 years in the career enhancement field as a consultant and expert. Her extensive experience and advice is available on her blog at Career Enhancement Basics.

<http://careerenhance.blogspot.com>



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