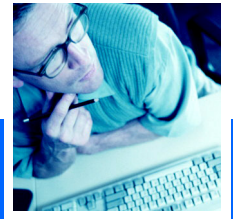


Why does work worry you?

By Janet Hope



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Synopsis

This article explores some of the things that cause us to worry about work. It draws attention to a string of probable causes and offers hints on how to be free of work-related anxiety. Admitting that you are worrying is the first positive step. Use this article to explore your own situation and discover how you can help yourself.

How to ...

How to understand the causes of your worry at work.

How to control and remove worry and anxiety at work.

How to understand your strengths for coping with worry.

Janet Hope

Starting her working life as a teacher Janet moved into central government. This was followed by a period as a local government manager after which she developed her own business. Helping ordinary people to make the best and the most of themselves is one of the driving forces behind Janet's training and writing. Janet works in the public and private sectors.

Introduction

You think about work when you ought to be relaxing and enjoying yourself. Sunday evening comes and the thought of going back to work tomorrow makes you feel miserable, depressed even.

Having your free time plagued by work, seeing your weekend whiz by and yet being peppered with concerns about your job. As always, you dread Sunday evening, and this is not how you want it to be.

Like a spirited child with school on Monday, your weekends are being spoiled by the thoughts, feeling and concerns of returning to work. It is time to acknowledge what is happening and begin the process of finding a remedy.

Why you feel the way you do

How you perceive things has a good deal to do with how you were brought up and whose opinions, thoughts and beliefs you hold in your mind. It depends too on the values you acquired for yourself to replace some of those you acquired in childhood and adolescence. The way you see the world now could be similar to how those around you view things, or be vastly different or even someplace between the two.