

3 ways to find joy at work

Your job is a part of your life. But if you're less than happy with it, your health could take a hit. The U.S. Surgeon General states that mental and emotional well-being are critical to your overall health. Not to mention, if you find ways to be happy at work, you may find more success and satisfaction with your career. Here are a few ways to make work more enjoyable each day:

1.

Think about your motivation.

Write down two reasons why you go to work each day. Look at those reasons each day to remind yourself why you're doing it.

2.

Take note of daily progress.

Big or small, think about something good that you did at work each day. Congratulate yourself for achievements or ways you've improved in certain areas or abilities.

3.

Find healthy outlets.

Sometimes work stress can't be avoided. If you can accept the fact that stress will happen, the next step is to find a way to cope. Find a fun new hobby, take a class, go for a walk, or try meditation.



**WORKING
FAMILIES
TODAY**

In the last 25 years, the number of **STAY-AT-HOME DADS** with a working mom has more than **DOUBLED**.

60%
of TODAY'S KIDS live in a household where all parents work.

Source: Council of Economic Advisers