



# Tips to survive the workweek

When the workweek seems long, there are some things you can do to get through to the weekend. Try these tips to stay positive when you're stressed or tired:

- **Have something to look forward to.** You can make your own "bright spot" each day that will help keep you motivated. For instance, take a walk at a favorite park. Find a quiet place to curl up with your book and a cup of herbal tea for 30 minutes. Keep this mini-goal in mind throughout your day.
- **Do something nice for someone each day.** It can be something as small as giving a compliment or letting someone go ahead of you in the lunch line. Studies show that doing nice things for others makes us feel good. And, it'll make you want to continue that pattern. Over time, this can build better relationships at work and help you look forward to your job.
- **Keep a routine.** Plan your day with what you want to get done. Break the day into one or two-hour chunks devoted to each project. Schedule your breaks. This can help the day seem to go by faster. It's more manageable than thinking of eight hours at a time.



## Finding meaning at work

When you think about your job, it may be helpful to think about the bigger picture. For example, a janitor isn't just cleaning; but is making sure the building is safe and enjoyable for the people in it. In other words, your job isn't just day-to-day tasks. It's about something more important. Keep that perspective when you go to work each day.

*Source: American Psychological Association*