



Handling Workplace Emotions

With so much of your life spent at work, you're bound to experience a range of emotions while on the job. If your goal is to minimise the negative emotions and maximise the positive ones, here are some suggestions to keep in mind:

- Don't expect your company to take responsibility for your personal fulfillment. Taking responsibility for how you feel frees you up from unrealistic expectations.
- Acknowledge your feelings and what causes them. If you deny your feelings, they can build up and find their way out at the wrong time or place.
- Change bad habits and attitudes that keep you stuck. These behaviours can cause workplace friction, leading to more frustration and even the threat of losing your job.
- Move forward. Leave personal baggage at home and start moving forward.
- Get support. Contact your employee assistance programme to receive a wide range of resources that can help you gain a new perspective.

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