

SIGNS YOU SHOULD LEAVE YOUR JOB



Leaving your job with a [sensitive job market](#) can be a scary prospect, but it might be one that is necessary. If you notice you are stressed out because of work, dread getting up in the morning, or aren't finding a passion for work anymore, you may be ready to make a big career change. **High Amounts of Work Stress** Many people think that bringing their work home with them is just part of adult life, but this couldn't be further from the truth. It is possible to keep your personal and professional life separate, and if you spend more time at home thinking about work than you do family or personal needs, it's a sign of major work stress. This is a sign you should leave your job and find something less stressful and hectic. **You Dread Going to Work** Bringing your work home with you isn't the only sign of work stress, as dreading going back to work is another big red flag. If you find that every morning you can barely get out of bed and have an overwhelming feeling of dread, that isn't normal. Not wanting to go to work is one thing, but dreading and hating your job so much you can barely function in the morning, is something else entirely. **You Don't Get Along With Co-Workers** If you are not getting along with anyone at work, whether it is your co-workers or supervisors, [you might need to find a new job](#). It is normal to have some disagreements with one or two co-workers, but when it is someone you either work under or near constantly, it can put a lot of stress on you and take away from your mental stability by the end of the day. **Your Company Isn't Doing Well** When you start noticing that your company is sinking, it is time to get out. Before losing your job and being tied to a company that went out of business, start looking for other employment first. This can help you avoid having to lose your job or going down with a company that might start lowering your pay, stripping your benefits, and demanding even more from you. **You Aren't Trying as Hard** If your work performance is starting to lack and you find you don't care as much about productivity and quality, it is probably a good sign that you should leave your job. If you previously worked very hard, it showed you are interested in your job and doing well. Over time, you may have stopped putting forth the effort due to lack of appreciation or simply lack of passion and interest. [Find a job](#) where you can again try your very best. Don't be afraid to at least consider [leaving your job](#) and finding a new one if you are showing any of these signs.