



HOW TO REMAIN HAPPY AT WORK

Staying happy is often a challenge, whether you are working in an industry you care about or not. It can be easy to become absorbed with your job so much that you face burnout, or simply can't separate personal and professional issues. With these simple tips, you can start staying happy while you are at work, improving your experience every time you go to the office. **Learn to Separate Personal and Professional Issues** When you start mixing personal and professional problems, things get messy. Leave your work at work and try not to focus on it when you get home. This makes it to where you can face only personal problems when you get home, and also don't bring them to work with you. This is a **very important step to personal and professional growth** and really improves your experience at your job. **Find Support** If you can **find co-workers at your job** that you feel close to, have similar struggles or achievements, or can lean on for support, you will find your time at work to go more smoothly. Issues always come in, no matter what your occupation is. By having others at work to lean on who understand what you're going through, you can reduce stress just by having this support system. **Be Physically Health** It's not uncommon to forget about your own needs during a busy workday, but this is causing even higher stress for you. Drinking plenty of water and eating healthy throughout the day can make you happier and more balanced when you're at work. Try to stick to whole foods, fruits and vegetables, avoiding the candy and chips you find in the office vending machine. **Get More Organized** Having a messy desk or lack of filing system can also increase the amount of work stress you have and even cause you to dread going in each morning. Start organizing your desk, files and paperwork, including your digital files. When you know exactly where everything is when you need it and where it goes when you're done using it, you will find that your happiness level goes up, and your stress level goes down considerably. **Create a Happy Workspace** Aside from being organized, there are more ways to be happy with where you work. If your company allows it, add some personal touches to your workstation, such as vacation or family photos, trinkets from home, or even small indoor plant. These little touches can give you glimpses of contentment throughout the day, **improving your happiness while at work**.

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