



MAKING IT THROUGH THE 9 TO 5

If you're a full time employe, chances are you already see something wrong with this title. Full time jobs aren't 9 to 5, they're 9 - 6:30 and beyond. There's no telling somedays just how many hours you'll have to put in to pull your weight at work. However, there are a few techniques you can use to make the hours more bearable. 1) Befriend Coworkers **If you have a strong and friendly rapport with your co-workers, then working, especially when working together, might not seem like working at all. A sense of friendship among your co-workers could lead to more laughs on the job, and perhaps more innovative and creative ideas.** 2) Be Productive Another way I could put this tab is "Don't procrastinate." **I have found that procrastination is itself a major source of anxiety: leading to feelings of guilt, shame, and being overwhelmed. If, on the other hand, you can be productive on a day to day basis, chances are good that the stress level at your job will decrease. You'll also build self-esteem and a good work ethic.** 3) Make Your Job Work For You **Whatever your job is, or whatever company you work for, there are always ways to improve upon current standards. Make it your job to come up with those ideas. For one, developing strategies for improving productivity or profitability is an interesting and entertaining endeavor on itself. Also, this could lead to a raise, promotion, or some other wild dream you may have.** 4) Check Your Twitter 5 Times A Day **I know it sounds counter to the "be productive" tab, however, if you allow yourself five mini internet breaks a day, all of which should go no longer than 5 minutes, you'll increase your stamina and be able to wow your bosses with your new brand of super focused work.** Coffee is also always an option, but some people don't react great to coffee. If you can't take coffee, take a run in the early morning and then eat an apple. The best way, however, of "making it through the day" is finding the right job for you, that you love. [Click here to get started on your journey!](#)

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