

Snapping Out of a Work Funk

You probably started your career with excitement. You graduated from college and started a new job. If you didn't go to college, you still found a job and started earning money. It felt good. But, after a while, you got into a funk at work and have been there since. It is routine, and you need a way to snap out of that funk.

Start by being grateful to have a job. Today, it's not as easy as it was to find work. Many jobs are requiring advanced degrees. Even a Bachelor's degree does not get you what it used to. By being grateful for the work, this helps you reset your ideas about it.

Take on more responsibilities. By volunteering for jobs, you will add variety to your routine. That may push you a bit out of your comfort zone, but that is always something good. When you get too comfortable in any work situation, that is a reason to be concerned.

Always be in learning mode. Be willing to take any training your company offers. Sometimes, your actions can gain the attention of management. When they see that you are diligently learning new skills, they may be willing to give you different assignments. If they don't recognize your ambitions, you can use your newfound skills to find a job elsewhere.

Consider transferring to a new department. A new environment is a great way to switch up your routine. If you want this, make sure you get to know the staff of the department where you're looking to transfer. Offer to volunteer some of your time to help with tasks. If you become a regular part of the team, the transition will seem natural, and you may even get the manager of that department to fight to get you in.

You may want to clear it with your current manager before offering to spend time with the new department. While they can't stop you from making connections with the new group, you could get some push back if you are spending work time with the new group. Good managers will support you, but be prepared for anything.

If you cannot seem to snap out of your funk in your current work environment, it may be time to move on. However, keep in mind that new situations become routine once the newness wears off. That's why it's important to evaluate the reasons why you are thinking of leaving your current situation.