

Survival Guide for the 9-5

by My Journey to Fearless

These 10 simple tips will help you deal with all of the things that make work awful and unbearable so that you can reduce stress, anxiety and create a positive mindset until you are ready to leave your 9-5.

1

Change your passwords to positive, inspirational statements.

Just think about how many times during your working day you enter passwords - why not get a little boost of positivity every time by entering 2018ismyyear or whatever you choose.

2

Start journaling. Write down your frustrations and leave them on the page. This gets easier the more you do it, so stick with it. The more you can get out of your head and onto paper the more space your head has for the important things like planning your escape!

3

Think about what you are grateful for. Before you even get out of bed in the morning instead of thinking 'oh no I have to go to my crappy job again today' try thinking of three things you are grateful for, do this before you fall asleep too. This reminds us that although we are dealing with lots of stuff at the moment there are always good things in our lives.

4

Make time for self-care. I found that I'd lost myself in a cycle of working overtime in a job I hated just to pay for amazing holidays to escape from the job I hated! Seems so silly now, but at the time I couldn't see what I was doing. At the same time I was living life on fast-forward, always thinking about what I didn't have and what was next. I didn't do anything to look after me! Once I realised this I was able to remember how much I loved reading and I made time every day to read. Doing just this one thing massively reduced my stress levels and helped me relax. What could you do?

5

Create your own opportunities! You have so many hours of the day when you are not at work so use them wisely! Read books on topics you want to know more about, listen to podcasts or audio books (perfect for the commute!), join free webinars, enrol in a night class. If nobody is giving you the opportunities you have to be proactive and make your own.

6

List the positive things you get from your job. There will be some! Do you like your colleagues? Have you learned lots of transferrable skills? Even if it's just the monthly pay check there will be something positive you can hold on to!

7

Take a break. Instead of eating your lunch at your desk get outside and go for a walk. Just look at the sky and how big it is and remember that the situation we find ourselves in is not forever. Let the sun shine on your skin and just breathe deeply and feel yourself relax.

8

Learn to handle negativity. It's so hard to deal with a toxic, negative environment at work. But people are just negative because they are unhappy, scared of change or feel trapped. Changing my perspective helped me to just let it go over my head.

9

Turn inspirational quotes into graphics. When I read an inspirational quote I immediately go to my WordSwag App and create a quick pretty graphic which I then save into a specific album on my phone. When I'm feeling fed-up I look through them all and it never fails to make me feel better and remind me this situation isn't forever. You can do this on your break or when you're making a cup of tea.

10

Create a morning routine. My routine consists of meditation, a guided visualisation, journaling and watching an inspirational video on YouTube. This gets me feeling positive, inspired and relaxed and ready to face the day. What could you add to your morning routine?