

Happiness in the workplace

Lesson 2

Read carefully the following excerpt on how to survive in an unhappy workplace. Enjoy! ☺

When you don't like your job, going to work every day can be a challenge. Your problem might be with a bad manager, that you constantly feel stretched to the breaking point, or that you are resentful about taking a pay cut. (...) You might need to stay in your job because it provides health benefits, or maybe you're only staying while you look for another position. Whatever your reasons for being unhappy, you need to maintain your professionalism and prevent a bad attitude from sabotaging you.(...)

Tammy Erickson, a workplace expert and author of *Plugged In: The Generation Y Guide to Thriving at Work*, advises that if you're unhappy, see if you can upgrade your contribution to the company, or find a way to be more creative about your job. She once performed very dull work in a book bindery but avoided becoming negative about the job by finding a way to make it less boring. (...) Timothy Butler, Senior Fellow and Director of Career Development Programs at Harvard Business School, believes there's something elemental about the statement "I'm unhappy at work." Butler, whose research focuses on personality structure and work satisfaction, says that to understand your unhappiness, you need to turn towards that feeling of unhappiness, experience it in a deep way, and not try to solve things too quickly. (...)

Indications that you need to address your emotions may be physical or behavioral, explains Catherine McCarthy, a clinical psychologist and COO of The Energy Project, an organizational consulting firm. The signs include feeling distracted, sluggish, angry or irritable, not sleeping well or sleeping excessively, relying on alcohol or food to comfort yourself, and withdrawing from friends and activities. All may indicate underlying depression or anxiety, which you shouldn't ignore.

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Now match the words that appear in the text with their plain English equivalents.

resentful	improve the quality, bolster, boost
stretched	corporate officer responsible for managing day-to-day activities of the corporation
sabotaging	extra money and/or privileges obtained as part of the employment contract
benefits	moving or reacting more slowly than normal
upgrade	deliberately spoiling or damaging somebody's plans or ambitions
COO	simple, basic, important
sluggish	exposed to large amounts of stress for a long period of time
elemental	being the most important, although not easily noticed
underlying	feeling angry and upset about something that one thinks is unfair