

Ways to Increase your Happiness at Work

Today we focus on improving your connection and happiness at work. One of our resources for this conversation is an article from The Southern Business Journal called, "[6 Steps to Being Happier at Work](#)." The article is available at thesouthern.com.

One of the things the article mentions is something that I bet has impacted all of us. Work can often feel too routine, like we're stuck in a rut doing the same thing every day. One way to combat this is to **Try Something New**. Ask for a new task or a different opportunity. Examine areas that could be more productive and create new processes or systems. Trying new things will reinvigorate your mind and break up the monotony.

Another great way to increase your happiness at work is to **Meet New People**. You probably know some of your colleagues well and you probably know others only by name. Even something as simple as a good morning in the hallway, or a wave as you pass in the parking lot, can build chemistry with your coworkers. Introduce yourself to new hires or people you don't know well.

In fact, a Forbes.com article from December 2017, "[Promoting Employee Happiness Benefits Everyone](#)" cites a Harvard Business Review article that notes that close relationships at work can increase employee satisfaction as much as 50 percent. Building teams and fostering healthy work relationships can improve not only your own professional satisfaction, but that of your team, as well.

Self-improvement is another great way to increase happiness at work. The better you perform, the more likely your self-esteem and happiness will increase. That's why the next suggestion the article mentions are **Focus on a Skill to Boost**. This might mean learning more about your industry, expanding your knowledge of technology, or even gaining a new licensure or certification.

The daily routine can be a grind. Interrupt it by occasionally by **Taking a Break**. Walk to clear your head. Take a longer lunch now and then. Small breaks in the routine can improve your mood and your productivity.

The article also recommends **Learning How to Say No**. It's not easy to say no at work. It could be a request to work late, a new project, or even covering for an absent co-worker. While it's not easy, it could be important. If you take on too many projects or too much work, you're likely to become overwhelmed and your happiness and productivity will suffer. This could lead to negative consequences that are worse than simply saying no.

The final suggestion from the article may seem like a strange way to improve your professional happiness. It's to **Go on Vacation**. While it may seem odd to suggest being away from work to

help improve your happiness at work, giving your mind and body a break can allow you to recharge and come back to work reinvigorated.

One final resource for today is, to me, the most important. In her book, "[The How of Happiness](#)" author Sonja Lyubomirsky writes that we have the power to change 40 percent of our capacity for happiness. Each of these suggestions can impact your level of happiness but each of them demands action.

Your career is the engine that powers your financial vehicle. The happier you are, the more likely you'll be to excel and improve your financial future. You likely spend many of your waking hours at work so finding a way to improve your enjoyment during those hours could benefit you immensely. It could even lead to a promotion or pay raise.

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Sources:

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