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https://www.100test.com/kao_ti2020/226/2021_2022__E5_90_8C_E7_AD_89_E5_AD_A6_E5_c69_226500.htm Going back to school

It is a curious phenomenon that nowadays more and more people are quitting their jobs and returning to school. Many of them claim that unbearable stress is the primary reason -why they leave the -workplace. My present concern is -where that stress originates and how to reduce it. Three origins of stress can be identified clearly. First, it comes from superiors. In any -workplace , superiors always impose great pressure on their subordinates in the form of issuing orders, setting deadlines or giving reprimands. People •working under such conditions are tortured both mentally and physically. Therefore , they tend to -want to stay away from -work . Second , stress stems from fierce competition among colleagues. Every person aspires to success. This very desire pushes people to scramble for limited positions and resources at all costs, creating intense pressure on everyone. Third, people are confronted -with job insecurity. Fear of losing one s job , which is one s only means of livelihood , compels one to -work harder all the time. The three kinds of stress mentioned above jointly contribute to the great pressure people feel in the -workplace. To relieve it, I wish to suggest three appropriate measures. For a start, people should look at pressure from a proper perspective. It is better to regard pressure as a positive driving force instead of as a dark , uncomfortable psychological experience. Second, people must try to eliminate

mistakes in their -work as far as possible. In other -words, they must try to deny other people any chance to find fault with them . Third , it is wise for people to engage in one or two secondary jobs , besides their primary ones . Consequently , by not clinging to only one job , people do not face disaster if they are discharged by their major employer. In conclusion , although every employee has to put up -with a certain amount of stress in his or her -work , this is no excuse for us to shy away from our posts . We are able to cope with this stress in a variety of -ways , and finally make it a force which serves us. 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问 www.100test.com