

工作不开心，怎么办？PDF转换可能丢失图片或格式，建议
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https://www.100test.com/kao_ti2020/646/2021_2022__E5_B7_A5_E4_BD_9C_E4_B8_8D_E5_c96_646797.htm What do I do if I ' m unhappy at Work? Every person becomes unhappy at work at some time or another. It ' s the natural emotional ebb and flow of being human. Even the best job has its problems. I ' ve put together a list of 5 tasks that will help you work happier. 工作不开心怎么办？每个人都会有一段时间感到工作不开心。心情时好时坏，这是人的正常表现。即使是好工作也会有不如意的地方。我整理出5条方法，可以让你工作得更开心。 1. Find Meaning 寻找意义 If you believe in the work you do, it will be easier to connect to each task. People who are passionate about their work will do almost anything to make sure the job is done well. 如果你相信你所做的工作，你就会容易和你的工作“产生火花”。一个热爱自己工作的人会为完美地完成工作而竭尽所能。 You need to find a way to connect with your job. I would suggest that you start by listing all of the aspects of your products and services that deliver value. A few of these items should ping your heart. 你一定要找到和工作擦出火花的方法。我建议先列出一张表，表上列出你所提供的能产生价值的产品和服务，其中的某些项目可能会让你灵光一闪。 If a few of these items from your list tug at your emotions, then expand on them. How can you consistently keep these feelings at the forefront of your brain as you work? You should keep these emotional stimulators in a place where you can see them. If you are feeling down and your energy is broken, then read over these

stimulators. 如果列表中的这些项目可以燃起你的工作热情，那就继续细化。你要想想，要怎样才能让工作中的自己时时刻刻都热血沸腾。你可以把这些能激励自己的事物放在看得见的地方。当你心情低落，无精打采，就去看两眼。 2.

Become more aware of self-talk 更关注自己的内心 When you are in a stressful situation, watch your thoughts and see how they add or subtract to your happiness. If you are having thoughts that subtract from your joy, then try to offset this with fresh angles that help you see the positive. 当你压力很大时，听听自己的想法，看看压力是怎样增减你的快乐的。假如你有不开心的念头，那就换个角度思考，这样有助于你用积极的方式看待问题。 By noticing what you are grateful for, you ' ll expand your choices. The more positive choices you have the more likely you will feel happy. 要关注能让自己开心的方法，多多发现扩展这些方法。让自己变得积极开心的方法越多，你就能越开心。 3. Help Someone Else Become Happy 让他人快乐 When you make someone laugh, how does it make you feel? It makes you feel good. It ' s a basic part of being human. 当你让一个人笑起来，你会有什么感觉呢？感觉棒极了，这是人与生俱来的本能。 Making someone else laugh is the same as helping someone at work: when you do it, you increase your own happiness. You stop worrying about yourself and focus on making someone else happy. The best part is that you improve your own happiness at the same time. 让他人笑和在工作上帮助他人是同样的道理：当你做到了，你会使自己更快乐。你不再为自己而担忧，而是努力让他人感到开心。最重要的是：赠人玫瑰，手有余香（让人开心的同时能让自己快乐）。 4.

Remember 3 Good Things 记住3件开心事 When you take the time to remember 3 good things, you are training yourself to see the positive in each day. 当你花时间记住3件开心事，那你就是在锻炼自己每天都保持积极的态度。 Many of us actually do the opposite: we look at all the upsetting things that happened in our day, thinking that if we look over our mistakes we can avoid repeating them. This causes us to focus on the negative and beat ourselves up. 然而，我们往往背道而行：我们总是记住每天发生的那些让自己难受的事，以为只要记住错误就能避免重复犯错。事实上，这会使你关注消极的因素，最终导致失败。

5. Use More of Your Strengths 多利用你的长处 You can also find a way to use your own strengths at your job so you can leverage more happiness. That may mean volunteering for work that you enjoy doing even if you have a full plate. Hopefully your manager and co-workers will notice and try to give you more work of this kind. 当你发现你可以在工作中多利用自己的长处，你会收获更多开心。即便你满手工作，只要你愿意，你也会义务为他人工作。总有一天，你的经理和同事们会注意到你的表现，并将更多的工作分配给你。 Bear in mind that this will take patience. It takes time to retrain people on what type of work to give you. 记住要有耐心。人们也需要时间来验证你的才能，了解你适合什么样的工作。 更多推荐：#0000ff>记得问自己：我在做什么？为什么做？#0000ff>职场英语：“笑”着工作#0000ff>双语职场：为什么你的工作不在状态 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