

## **“I like my job –but it’s just not fun anymore!”**

A lament we frequently hear during EAP sessions is: “I still like my job. I have a great boss. I get along well with the people at work. The pay is pretty good, but work is just not fun anymore!”

It might be an early warning of burnout, but at least it’s a sign or a red flag to take a closer look at where we are in our lives and our careers. For some, these are real tough questions. Maybe the challenge is to take time for some introspection—‘the job is still good- but why do I feel like it’s not fun.’ What’s missing – where am I out of balance? It’s important to heed the early signs of job burnout. What exactly is burnout?

Some people feel decreased energy for their days, can’t seem to motivate to get things done, get no pleasure out of previously enjoyed challenges, feel the work doesn’t matter or isn’t significant, feels too mundane and routine, feel overwhelmed by the whole concept of their job, become apathetic. Burnout is a crises point. For some changing job settings is critical, maybe even changing careers altogether. The challenge is to look at what your current situation is telling you about where you are in life right now.

A call to look again at what matters most to you in life. Why are you involved in the things that you are – what are the cost and benefits in the big picture of things? It’s a matter of taking a broader look at life. Marcel Proust said, “Change is not necessarily seeking new landscapes, but seeing with new eyes.”

Maybe missing the old feelings we had about our job, or feeling something’s missing in general, or that constant underlying feeling of unrest means we need some self-evaluation time. A check –up from the neck up as Zig Ziglar called it.

- How am I balancing my schedule – am I making time for the important people and things in my life?
- Am I taking care of myself physically- taking care of my physical needs, getting enough exercise, paying attention to what I eat, getting good quality sleep?
- Have I explored my job description for adequate opportunities to grow or can I brainstorm with my supervisor ways to expand my responsibilities?
- Am I still interested in learning all I can about my field or have I peaked out and mastered it and get bored reading the newest literature?
- Have I considered where I am in my career – how many years left – do I plan retirement?
- Are there things floating around in the back of my head – jobs, career directions I’ve always wanted to pursue that keep nagging me?
- Am I taking care of myself mentally – reading or stimulating with lectures or new ideas, paying attention to my tendencies toward negative or positive attitude, am I hopeful?
- What am I doing to play or have fun? Recreation comes from the word re-create, it’s essential for survival. It’s all about balance.

A period of feeling down about life, your performance or enjoyment at work, may be seasonal, temporary, or a call to get a broader perspective on where you are right now.

Consider sorting out the issues with an EAP professional for an objective assessment. If Directions EAP is your provider make an appointment by calling 402-434-2900. We'd be happy to explore this phase with you.