

## Managing The Stress Of Entering The Workforce

Many people are in the position where they are entering the workforce for the first time. Some of these people may be college students, single mothers, or any one who has taken a long break from work. This transition can become very stressful for these people. As a result, here is a list of techniques on how to manage the stress of entering the workforce.

The first thing a person can use in transitioning to the work force is to go to your local career center and get some help. There are many small profit organizations in your community that can offer low cost services in helping you find a job. These services can offer counseling, resume development services, and how to network. Many people of all ages can go to these centers which will help them when they go into the work force.

It is important to know what you would like to do when entering the employment field. This can help ease the stress of getting a job because you will save yourself a lot of work in applying for jobs that you may not be interested in.

For instance, you do not like to work in the field of accounting. With this in mind, it would be a waste of time to apply for any jobs that deal with accounting. Even if you did get a job that involved accounting, you would probably not last that long since you would lose interest. Instead try to determine what jobs you do like and apply for those jobs. This will save you a lot of time and will reduce the anxiety of finding employment.

Remember that there are all kinds of jobs that are out there so do not be discouraged when you get turned down. The employment process can be very difficult and stressful. You will get turned away from many jobs. The key is not to let it bother you. You can reduce the fear and anxiety of entering the workforce by realizing that it might take a few months to get a job. What is important is that you do not give up and you keep on trying.

Remind yourself that you are not the only one who is going through this process. Every day there are people leaving and entering the workforce. You should not feel as you are alone and that no one can relate to you. That is the reason why it is important to join a group where job seekers can get together and help one another. Your local church may offer some of the programs for these job seekers. This is a great way to work with people who are in the same boat as you.

Entering the workforce does not have to be a stressful event. There is much assistance available that can get you back on your feet. Try to remain positive and reduce your negative thinking. Remind yourself that you will eventually find work if you keep at it.

### About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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