

THE EXTRA POINT

BY JERRY ROBERTS



1003 The Struggle is Real – So You Get Real

Have you ever gotten to the point when you felt overwhelmed? When you said to yourself that whatever it was you were doing, you didn't want to do it another day? When a bit of doubt crept into your mind, doubt about your capabilities, doubt that raised question marks about whether you had what it takes to be successful? I'm Jerry Roberts and if anything like that has ever crossed your mind, today's is for you, next, on The Extra Point.

Struggle, overwhelm, doubt, fear, worry, and dread. If there's a recipe for having a negative mindset, that might qualify. A lot of us have been there. Maybe you have.

Most of my career has been centered on four very different types of work. Creating radio programs, producing big events like housing expos, publishing a business magazine, and helping to develop talent in the workplace.

I loved almost all of it, but there were times when I didn't. There were times when I hated every day. The alarm clock was my enemy, as it signaled another day of misery in working for an oppressive manager.

I've shared stories with countless people over the years, and the words were those I offered earlier — struggle, overwhelm, doubt, fear, worry, and dread, among others.

Some had eventually been fired and others had quit the job, while yet others were still in the situation.

For those who were done with it — whether it was through resignation or termination — it brought a sense of relief and utter joy that their nightmare was over. This was true, even though some didn't have another job lined up.

I began thinking about this a few days ago, trying to recall what I did to keep my head

together during this time. I also want to add in what others have told me had worked for them.

1. It may sound silly, but I remember telling myself that "this too shall pass." My mother had said that a lot as I grew up, though I wasn't sure why. Becoming a parent cleared up that little mystery.

Bosses change. Jobs change. Things change. In almost all cases, whatever is making you miserable will change.

2. My old friend Carl Peterson used to say that every so often you need to do a "check-up from the neck up." Get your thinking straight.

If you've always been considered a top-notch performer, but your current manager knocks your skills or makes you feel like you don't have what it takes anymore, dig in and figure it out.

Ask the boss for specifics on where he/she feels you come up short. If their opinion is legitimate, thank them and do what's needed to improve.

If you know that your skills are still in line with good performers, then just do your work and do your best to ignore further comments.

3. As mentioned in recent Extra Points, it's important to have a good friend at work. If you feel unhappy, get with your friend and unload the burden. That can be a big help.

4. Have a source of joy outside of work. You can volunteer your time a hundred different ways. You can take up a hobby to exploit your creative side.

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5. If nothing else works and you feel you can't deal with another day of it, talk to your HR manager and find out if you have options. Can you move to another department? Are there other opportunities?

6. You can also walk out the door and get a fresh start elsewhere.

They write big books on topics like this, and what I've offered are basic action steps you can take to help relieve the problems.

The key is that word "action." The real misery is when you hate going to work, and you have no hope that anything will change for the better. That's a very tough place to be.

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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