**CONSIDER STRATEGIES TO IMPROVE JOB SATISFACTION**

**Create new challenges**

Take on a project that can motivate you and give you a sense of control. Start small, such as organising a work-related celebration, before moving on to larger goals. Working on something you care about can boost your confidence and job satisfaction.

**Mentor a colleague**

Helping a new team member or an intern advance his or her skills can restore the challenge and the job satisfaction you desire.

**Break up the monotony**

If you're feeling bored or unchallenged, talk with your supervisor about cross-training. If you hear that your company is launching a new project, volunteer for the team.

**Stay positive**

Use positive thinking to reframe your thoughts about your job. When you catch yourself thinking your job is terrible, stop the thought in its tracks. Remember, everyone encounters good days and bad days on the job.

**Look for the silver lining**

Imagine that you receive a less than stellar performance appraisal. Instead of taking it personally or starting to search for another job, look for the silver lining - such as the opportunity to attend continuing education classes or work with a performance coach. Take satisfaction in your ability to put performance feedback to work.

**More job satisfaction can mean less stress**

Make the best of difficult work situations by maintaining a positive attitude. Be creative as you think of ways to change your circumstances - or how you view your circumstances. Doing so can help you manage your stress and experience the rewards of your profession.