

You Got the Job You Wanted but You're Still Nervous--- Why? Use Your Everyday Job to Overcome Your Career Anxiety

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Congratulations! After all of your hard work and patience, it finally paid off and you were offered the job you've been chasing. Yet, you're still anxious. Oftentimes we associate the most stressful and anxiety-inducing part of a job as simply getting one, however, finally getting a job is just the tip of the iceberg. Whether you have a part-time job, an entry level job, or are fully in your career, every kind of job still comes with stress and anxiety. All of the anxiety and nervousness that lingered in your mind before being hired are still back there giving you trouble in your new position. When you're working your first job, anxiety can be especially high; working a new schedule with new people, rules, and opportunities can be incredibly overwhelming. It's completely normal to struggle with these feelings that come from developmental growth and entering the workforce regardless of to what capacity.

No matter what age you start your first job, whether it be at 13 or at 20, the experience still entails periods of growth and professional development in a new environment rather than school, university, or simply chores at home. The rules and expectations will of course depend on the exact job, however many everyday jobs that are likely to be many people's first jobs are great resources to build soft skills. Taking on more responsibilities can seem very scary at first, however the more responsibilities you take on, the more skills, connections, and satisfaction you'll have when you move to a new job or finally attain your career goals.

By already knowing good customer service skills, punctuality, phone etiquette, and how to dress for the job, you will be farther ahead than other candidates who didn't have the chance to build a good professional foundation for themselves. Did you know that 36% of 3,100 recruiters from the U.S., Canada, and the UK, listed critical thinking and communication skills as being very hard to find in new employees? These are two skills you will already have developed from working an everyday job! Aside from developing crucial soft skills, every day and first jobs allow room for mistakes and learning. Making simple mistakes working your first job at the library or a restaurant in your neighborhood are vastly different from mistakes in corporate or high-level jobs that could potentially have many more far-reaching negative effects. Everyday jobs allow you to learn and make mistakes--a crucial part of growing and developing as a professional. Even if your first job doesn't align with your passion, it will provide you with the experience to land the job you really want down the road, even people like Gwen Stefani and Kanye West started out working small jobs at restaurants and stores.



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Everyone wants to be happy in their careers and professional lives, which is another essential reason to apply for a first job. By working, having experience, and growing before you try to find a career, you will be able to grow comfortable in different environments, and as time passes, you'll grow less and less anxious in different work environments and more comfortable working with different kinds of people. Furthermore, working different jobs will allow you to find where your passion lies. Cleaning dishes could inspire you to become a chef, working at an animal shelter could make you want to become a veterinarian; the possibilities are endless. By the time you want to apply for that job you will already have so much experience and fought off that anxiety by diving head in. Channel that anxiety into an inspiration to strive! Making mistakes is natural and will be beneficial to your success down the road, take a chance with your job and prepare yourself for a future full of opportunity!

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