

How to accomplish a good job when you're bored and not interested?

Job depression syndrome is one of the most common psychologies in the workplace. It is a phenomenon that causes a kind of dry, bored, tired mentality to the current job. The following psychological treatments will help you when you feel no longer excited to work.

In life we ??sometimes feel depressed and not very excited to be able to work, and each time our work is not highly effective. This is a phenomenon that causes a psychotic, dry, frustrating psychological disorder in your current job. It is the depression and not the interest in work that are the result of procrastination, they silently affect all of us. Even procrastination can be "addictive" in a scary way, so what to do?

Delay = "I don't know where to start"

1. How to work on Monday morning to be effective?
2. If you are in an imbalance between work and life, read the following article
3. If you're complaining about your current job, read this article!



Delay, or there are other ways to call the same meaning as procrastination, cynicism, lust, stubbornness . is the term in psychology about the habits of people tend to to slow down, postpone itself, don't want to start working on a job right away, or have a psychological wait and let it work for a while. Deferral is also the way we take care of the jobs that should be resolved soon, but it is always left behind, dealing with delays and sometimes the work will go to oblivion if not important. .

Delaying is the way most of us do, this is the way to change jobs, often we will choose to do higher-level jobs to solve first, while simple jobs are subjective and often leaving behind, or the priority of doing things that you love

or feel more comfortable with, are important things that need to be done.

I. The cause of this syndrome may be because there are so many things distracting you



Most job depression syndrome is one of the most common psychologies in the workplace and most of them are wasting their time here. Although that is not a complete error from them. The office is a place where there are many things that make you neglect your work such as colleagues, facebook, phone . Making it difficult for us to focus on creating and working effectively in such a place.

A survey of office workers said they would be healthier and work more effectively outside the office. Not only that, eating healthy foods also increases the capacity and effectiveness of the brain.

So companies create the best conditions for their employees so they can work more efficiently such as giving their employees healthy snacks, or giving employees a gentle workout when they have to Sitting a lot and of course, there must be flexible rules to limit the use of social networks during working hours.

II. Simple things are never subjective



We often only care about and prioritize solving difficult problems first, and too simple things are very subjective and can ignore them, but you do not know that the simpler the task is even more dangerous. . Why? Because of our psychology, when we receive them, we often think that simple tasks like this will solve the problem, so we should do it all the time. With that in mind, we let simple tasks accumulate, and gradually it becomes an extremely difficult and complicated task for us, then it is difficult to solve it simply.

So when it comes to easy things, don't be subjective, but solve it immediately, don't let it persist and defeat you. Often, simple tasks do not make us excited, there is no sense of challenge and conquest. But do not put too much simple work to accumulate that will make you much more difficult.



For example, you hate having to enter data, although this is a simple, important thing that is accurate and needs meticulousness. Think about the role of data, how do they affect future relevance? The operation of the whole system depends on these seemingly "idle" jobs, thinking about it, can you do it right away? Do it! Penalties or even eviction is something no one wants.

III. How to deal with depressed work syndrome

1. Change angles, multi-dimensional thinking



Give yourself the best, care, care for yourself because no one can help you do it well except yourself. When encountering difficult things, think in different ways. The idea of "re-coding" is not for us to satisfy ourselves without progress, it is only useful when you use it as a way to soothe yourself when the spirit is down. In addition, do not negate yourself in an extreme way that will reduce your will to pursue work.

2. Give yourself a break



If the whole year you work, take some time to reward yourself to travel long or short days. Being a hard worker, does not mean that you cannot relax. When necessary, you also let yourself be rested, breathe fresh air, play here

and there as a way to recharge your energy to continue striving.

3. Appropriate exercise



Being physically active with aesthetic exercises is the best way to relieve pressure, improve sleep, help your mood be better and better. For office workers, you should maintain the "333" principle of movement, ie 3 days a week, 30 minutes a day and work with the heart rate below 130 times. For example, walking and swimming are the most suitable subjects.

4. Work with interesting people



People who are funny, open and enthusiastic at work will help you feel excited and excited about the job. If you are really frustrated in your work, find yourself a confident, energetic colleague to help you work more effectively.

5. Clean up the workspace



The desk also helps our spirit to be better if we have a lovely desk or also make your mood worse if you work with a messy desk. So take some time to clean up your desk to help you relieve your mood and create the best mood when working.

6. Change jobs



If you have tried everything but still can't help you improve your situation and balance your mood, get back on your work, the best way to do it right now is to change jobs. However, to be able to change a job you need to have time to prepare as well as your finances must be good and potential relationships and other development opportunities. Pursuing a job where you have no passion, no interest, no matter how hard you try. This is the time for you to consider a new job.

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