

# 5 Tips to Ease New Job Anxiety

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Whether you've had a few jobs in your lifetime or are just entering the workplace for the first time, or even just switching roles, here are a few suggestions for dealing with work-related stress to calm your nerves.

## Be Prepared

Get organised, research as much as possible about your new company, plan ahead what you will wear for your first day and map out the best route to get there. Aim to arrive at your new place of work earlier than your start time. You could also ask your manager if there is anything you can do in advance to prepare for your first day.

Finally, be sure to leave enough time for a healthy and filling breakfast – this will ensure you have a good amount of energy for your morning ahead.

## Have a positive attitude

A new job is an exciting life change! Don't let nerves take that excitement away from you. Try to remember that everyone's first day is difficult, and you cannot expect everything to run perfectly from the get-go. Give yourself chance to learn and be kind to yourself during this transitional period. It will likely take some time to learn the ropes – so stay positive and focus on the learning experience.

## Set Realistic Expectations

There is enough to remember on your first day without cluttering your to-do list with an unachievable number of tasks. Take things slow on your first day. If you rush from one thing to the next, you are unlikely to learn well and will feel overwhelmed – which will add to your stress levels further. Focus on your top priorities and on learning as much as possible about your new role and you will feel much more accomplished and more confident in your new position.

## Get a good sleep

This may be challenging if you are feeling nervous, but an adequate amount of sleep (7-8 hours ideally) will enable you to function optimally and help you to cope with anxieties on your first day. Not sleeping well can contribute to stress and leave you feeling less productive during your shift. So, do whatever it takes to get a good night's sleep – you could try a sleep mask, essential oils or calming music to help you drift off.

## Talk it through

Speaking with someone you trust about your new job nerves can help ease your anxieties. Try to explain why you feel nervous and this can allow you to identify certain areas to focus more positivity on. What's more, your friend, family member or therapist may be able to offer tips and tricks that helped them to cope.