

## 5 Tips for Better Happiness at the Office

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### *Simple Adjustments Make a World of Difference*

There's nothing like unhappy, brooding coworkers.

They exude **negative energy** and tend to suck the life out of an otherwise happy, healthy office environment.

Are you one of those people?

If so, **TURN YOUR ATTITUDE AROUND!**

Here are five ways you can **adjust your professional life** to become a happier person.

#### **1. Become a mentor.**

Chances are you had a mentor in law school, now it's your turn!

Think of the problems you'll help solve, the advice you'll give, and the new relationships you'll grow. Recognize the value in becoming a mentor and the people who'll really appreciate having you at their side.

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## 2. Adjust your job description.

Do you love arguing in a courtroom but can't stand detailed research work? See if you can trade tasks with a coworker.

Your drudgery might be relaxing for someone else.

## 3. Propose a special project.

**Give yourself an opportunity to shine** by proposing a special project.

Love to talk with people? Offer to create a collection of tips on how-to-succeed-at-networking derived from interviewing colleagues around the firm.

A project like this will make you **feel useful** and **appreciated** around the office. It may also help you build stronger relationships with your coworkers.

## 4. Make your workspace feel more like home.

If you can't work from home in a [virtual law office](#), bring some creature comforts of home to work!

Put an oriental rug under your desk or a small copy of your favorite painting on your cubical wall. Little things go a long way. **Just make sure your personal touches aren't too distracting.**

## 5. Practice some [common stress busters](#).

Stress can weigh heavy and be the source of negative energy.

Take a few moments throughout the day to relax. Consider [meditation](#) or an at-your-desk yoga session.

You'll be surprised at how energized you'll feel after a few slow, deep breaths and stretches.

Happiness at work is not about keeping the break room stocked with donuts.

It's a mindset.

**Simple adjustments around the office will go a long in making your workday more fulfilling!**

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*Adapted from article [Seven Ways to Be Happier at Work](#) by Kiplinger.com.*

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