

WORKING MATTERS

by JACKIE DAVID, Public Information, Public Works



Suffering Job Burnout?

You've just returned from a wonderful vacation. You feel refreshed. You return to work with one of two scenarios:

- You really don't feel like working after such a great vacation and it does take a couple of days to settle back into work but you do and now find yourself looking forward to completing your projects. You are back in the groove. You feel energized. All is well.
- It was a great vacation and now you must return to work. What you feel is pure, utter dread. You are returning to a job that you regard as any or a combination of: boring, stressful, unfulfilling, uninteresting and downright depressing. You get a knot in your stomach just thinking about it. Your head begins to throb. In fact, while you're thinking about it, your back isn't feeling too good either. You return to work. All is not well.

If you are returning to work only to confront the second scenario, then you're obviously in trouble and it most likely spells burnout. Some signs of burnout include:

- Difficulty focusing on the job;
- Detachment. Apathy;
- Negativity, irritability and/or cynicism;
- Anger at those you report to and at yourself for putting up with their demands;
- Feelings of helplessness, being overwhelmed and/or besieged;
- Suspiciousness;
- Feeling like you're in a rut;
- Healthwise: Sleeplessness, depression, weight loss or gain, shortness of breath, extreme anxiety and feeling exhausted, tired or physically run down.

Job burnout makes for a very unhappy existence and should be addressed at the earliest onset. As someone put it, job burnout can sneak up on you or hit like a ton of bricks. Here are a few suggestions to fight job burnout:

- Take a hard look at your work-related activities. What do you enjoy about your work? Assess those aspects of your job and expand on those activities you do enjoy.
- Learn something new to expand your current position or that you may be able to use in a different position.
- Identify a new responsibility or element of your work with which to refresh your focus.
- Seek visibility. Call attention to yourself. Volunteer your talents at the office. Connect with former colleagues, executives and recruiters. Let people know what you do and how well you do your job. Make a list if necessary.
- Revisit your career goals. Ask for feedback from friends and managers. It could be a great way to redirect and again refresh your focus.
- Look at your options. Can you reposition yourself somewhere in your section, bureau or department? Sometimes, just a change of scenery helps. Maybe it is time to apply for a lateral transfer and start going on interviews.
- Stay away from negativity and negative discussions. Train yourself to be positive.
- Focus on your social life and cultivate friendships. Chat with co-workers and friends, find activities to share, do something to help you feel connected to others.

Here are a few others: Add fun to your day and week both at work and outside work. Schedule activities you enjoy. Take daily walks, perhaps a stroll during your lunch hour or break or maybe take in some window-shopping.

Meet friends after work for a cup of coffee or a movie during the weekend. Enroll in a gym. Go to the spa.

Whatever the case, give yourself something positive to look forward to.



Capt. Andrew Smith encourages a group of DAP (Deputy Auxiliary Police) youths who attended the Night Out event.

Night Out at Central

■ LAPD's Central Station hosts Night Out for public safety and awareness.

Photos by Club staff

POLICE DEPT. — On Tuesday, Aug. 1, the Club was invited to attend the Police Dept. Central Station's participation in National Night Out: America's Night Out Against Crime event. This was just one of the many National Night Out events occurring throughout various LAPD stations in the City as well as police stations across the country.

Many business leaders, residents, vendors and City representatives attended the event. The always-professional Capt. Andrew Smith led the event with his infectious, upbeat and optimistic attitude. The presentation also included brief words of encouragement from Dena Carreyn, the City Attorney's Neighborhood Prosecutor for Central Division; Stella Lopez from the Central City East Business Improvement District, and others. The event was concluded with a community walk through the Central area.

In 1984, the National Association of Town Watch introduced the idea of National Night



Out to promote police-community partnerships, crime prevention and neighborhood camaraderie.

Traditionally, "lights on" and front porch vigils have been ways to participate in the annual event. Activities have expanded to include block parties, cookouts, parades, police station open houses, festivals, neighborhood walks, safety fairs, contests, rallies and meetings.

The Club congratulates the Central Station for its successful and positive Night Out, and thanks Officer Marie Kardiban for her invitation and assistance in producing this story.



From left: Catherine Soto, a volunteer from Cal State Fullerton performing her internship at Central Division; Officer Marie Kardiban, Central City Police Boosters Events Coordinator; and Joel Bloom of Bloom's General Store.



Officer James Baker introduced the LAPD's new "Smart Car," which was on display.



Laura Cruz, PSR III, 11 years, staffed the table representing the 911 operators.