Did you wake up this morning thinking of a problem at work or a daunting task you have to complete this week? If so, it may be time to hit the reset button on your work life. Caring for yourself at work is just as important as personal self-care, and, you don’t have to start a brand new job to breathe new life into your career.

Here are a few things you can try right now that will help you reset your current career, feel refreshed in your work life, and refocus on the things you love about your job:

1. **Expand your network.** Exposing yourself to new people and ideas may be just thing to help you find solutions at work?
2. **Sharpen yourself.** Find that thing that makes you really excited about the work you do, and expand your knowledge about it.
3. **Take a break.** So many of us spend 50 weeks working and compile 2 weeks of vacation at the end of the year instead of recharging when we really need to. If you’re feeling burnt out, try requesting half a day. Those few hours could be the difference between feeling bogged down and having the most productive week you’ve had in months.

**THIS WEEK’S CHALLENGE:**
- Pick any one of the 3 ways you can Reset + Refresh, and actively pursue it.

**KEEP ON LEARNING**
- Check out “7 Ways to Make Your Boring Old Job Feel Fresh and Exciting Again” by Elana Lyn Gross.
- Lynda/LinkedIn Learning: Log in to learn about **recharging at work** on the go.