

PEOPLE SHOULD NOT EXPRESS THEIR PERSONAL PROBLEMS AT WORK

Nowadays this has become a bigger problem, almost in all countries, but especially in highly-developed countries of the Western Europe. There are a lot of well-paid jobs, e.g. in management, judgement, medicine..

The employers in this area claim an immense quantity of concentration and dedication to this very tiring intellectual work. These properties can be threatened by personal problems, such as family discords, divorces or children, who do not reach the high claims and expectations of their parents. Moreover, these difficulties strongly worsen the mental state of individuals, their ability of concentration is getting worse, they become nervous and in the worst situation, it could lead up to a nervous breakdown.

Almost all employers express the mental crisis and inner troubles at their position at work. Usually they have a negative attitude towards other workmates, they are angry, aggressive and sometimes also harsh. But, definitely, they should not do this, because their vulnerability can be turned to other people's advantage.

In conclusion, the best solution for this is to draw a line between privacy and job. Many people are trying to do that, but success is very very rare. I am convinced, that the main reason is the inner mental instability, which permits the separation between these essential life conceptions. We could also mention the laugh and good will. I tend to think, that this has a good effect on the right solutions of the personal and job problems, better concentration and greater result of the work. All people should remember, that things and troubles will be easier, if we tackle the problems with amusement.