

这些迹象表明是时候换工作了

The Signs That It's Time to Get a New

Struggling more than usual to get up for work? It might signal it's time for a new job. Deciding to leave is significant, yet sometimes necessary. How do you know if it's **merely** a rough day or if a change is **essential**?

如果你发现起床去工作比平常更难，这是否意味着该换工作了？离职是个重大决定，但有时这正是我们所需要的。如何判断是只是过得不顺，还是真的需要做出改变呢？

Experts **identify** "push" and "pull" factors that influence our decision to change jobs. "Push" factors, such as a **toxic** workplace or a bad boss, drive us away from our current job. On the other hand, "pull" factors like better pay or more opportunities motivate us to seek new employment.

专家指出，影响我们换工作决定的因素分为“推动”和“吸引”两种。“推动”因素，如恶劣的工作环境或糟糕的老板，会让我们想要离开当前的工作。而“吸引”因素，例如更高的薪酬或更多的机会，会激励我们寻找新的就业机会。

So how much "push" is too much?

那么，多大的“推力”才算太多呢？

merely ['mɪrli] adv. 仅仅，只是

essential [ɪ'senʃ(ə)l] adj. 必要的，基本的

identify [aɪ'dentɪfaɪ] v. 识别，认出

toxic ['tɒksɪk] adj. 有毒的，有害的

It may be time to leave if you "regularly feel **dread**" about going to work. After all, life is short and work shouldn't be something to dread. If you don't like the person you've become at work, it may be a sign that it's time to go. Friends, family, or colleagues may notice this before you do: perhaps you're more impatient than you used to be, and work is the reason. You might be feeling **underappreciated**, or feel that the work you're asked to do is too stressful or demanding.

如果你“经常感到害怕”上班，那么可能是时候离开了。毕竟，生命短暂，工作不应该是一件可怕的事情。如果你不喜欢自己在工作中变成的样子，这可能是你该离开的信号。朋友、家人或同事可能会比你更早注意到这一点：也许你比以前更没有耐心了，而工作就是原因。你可能觉得自己没有得到重视，或者觉得你被要求做的工作压力太大或要求太高。

Major "pull" factors for changing jobs include better work-life balance, opportunities to pursue passions, or higher earnings. However, not everyone can switch jobs freely due to various constraints that may **necessitate** staying put.

换工作的主要“吸引”因素包括更好的工作生活平衡、追求激情的机会，或更高的收入。然而，并非每个人都能自由换工作，因为各种限制可能需要他们留在原地。

dread [dred] v. 恐惧，
担忧

underappreciated
[ˌʌndə'reɪʃɪətiəd] adj.
未受到足够赏识的

necessitate
[nə'sesɪteɪt] v. 使成为必需，需要