**OngoingEnglish**

The Signs That It's Time to Get a New Job

这些迹象表明是时候换工作了

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?

**merely** [ˈmɪrli] adv. 仅仅，只是

**essential** [ɪˈsenʃ(ə)l] adj. 必要的，基本的

**identify** [aɪˈdentɪfaɪ] v. 识别，认出

**toxic** [ˈtɑːksɪk] adj. 有毒的，有害的

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？

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.

**dread** [dred] v. 恐惧，担忧

**underappreciated** [ˌʌndərəˈpriːʃieɪtɪd] adj. 未受到足够赏识的

**necessitate** [nəˈsesɪteɪt] v. 使成为必需，需要

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。