

# FIRST DAY NERVES Pathways

It is normal to feel nervous or worried when starting a new job. This is because we are doing something new and we are not sure what to expect. In this guide you will find some tips to help you to feel less nervous.

## Tips

- ✔ Prepare as much as you can for your first day. You could choose your outfit the day before, plan how you will get to work or do some research about the company.
- ✔ Try to think of the positives. Your new job is a great opportunity to learn something new and meet new people.
- ✔ Talk to someone about how you are feeling. Sometimes it can help to talk things through with someone else. They might be able to help you to think of some solutions to any worries you are having.
- ✔ Remember that everyone knows how it feels to start a new job and will be wanting to help you. They know that you are learning and will not expect you to know how to do things.
- ✔ Plan something fun to do after you finish your first day. This can help you to have something positive to focus on when you feel worried.