

Feelings and thoughts you might have before you start a new job

The first day of a new job can evoke a wide range of emotions and thoughts, from excitement and anticipation to nervousness and uncertainty. Here are some you may experience:

Before the first day:

- **Excitement:** Anticipation and excitement are common emotions in the days leading up to starting a new job. There's a sense of eagerness to begin a new chapter, meet new people, and engage in new challenges.
- **Nervousness:** Alongside excitement, we might feel nervous or anxious. We might have questions about fitting in, meeting expectations, and performing well.
- **Leaving comfort zones:** Anxiety about stepping out of your comfort zone and starting something new.
- **Imposter syndrome:** self-doubt where you feel or believe you don't deserve or are competent in your role. It can lead to intrusive thoughts and questions that undermine your confidence.
- **Fear of being 'found out':** Worried that you might not meet the expectations or that your competence might be doubted.

- **Curiosity:** There's a natural curiosity about the workplace culture, colleagues, and the tasks that lie ahead. This curiosity can be both exhilarating and slightly nerve-wracking.

On the first day:

- **Jitters:** The morning of the first day can bring heightened nerves. Worrying about arriving on time, making a good first impression, and navigating the new environment can lead to butterflies in the stomach.
- **Optimism:** As we step into the workplace, there's often a sense of optimism. Meeting new colleagues, getting introduced to the workspace, and learning about the responsibilities of the job might give you a positive outlook.
- **Overload:** The influx of new information, names, processes, and procedures can be overwhelming. Trying to absorb everything while staying attentive can be mentally taxing.
- **Relief:** Completing the first day can bring a sense of relief. Making it through the initial introductions and getting a feel for the job might ease some of the earlier nervousness.

Before the first day:

- **Adaptation:** As the days progress, there's a process of adaptation. Starting to understand our tasks, understanding team dynamics, and becoming familiar with the work environment gradually eases the transition.
- **Self-reflection:** We might reflect on our performance, interactions, and learning curve. This introspection helps in adjusting to the new role and setting personal benchmarks.
- **Confidence building:** As our familiarity grows, so does our confidence. Beginning to contribute meaningfully, understanding our role better, and receiving positive feedback can boost our confidence levels.
- **Ongoing mixed emotions:** Emotions might continue to fluctuate between excitement, apprehension, satisfaction, and occasional moments of self-doubt. This is a natural part of adapting to a new environment.

Each day brings its own set of emotions and could be contrasting, like feeling fear and excitement at the same time. Gradually, as you become more integrated, familiar with your role and supported by peers, negative feelings should reduce. You should start to feel more settled and confident.

If you're still feeling worried, underconfident or overloaded you could speak to your manager. Together you can explore practical solutions such as the possibility of a work mentor, shadowing opportunities, extended induction, further training or support.



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