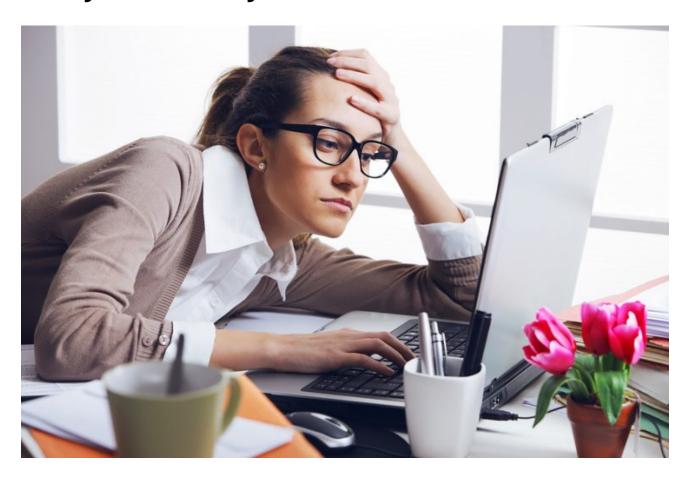# Why It's Okay To Quit A Toxic Job

Just like your ever-changing workout routine, a lot of things constantly change for people who are trying to navigate their twenties. One thing that seems to constantly change more often in your twenties is your job.

Jobs can be great, especially when your co-workers are enjoyable, even tolerable. You can have respectful bosses who take your words, thoughts and feelings into account. You can get the time off you need without any push back. It's a good feeling to work for a company that helps you feel financially secure and is ultimately the source of your happiness.

However, a job can have the opposite effect. It can be a facility that dumps toxic waste into your brain and slowly erodes your sanity.

If your job is toxic, it's okay to say goodbye. Here's why:

Reason #1: It's not worth the stress.

If you're feeling so unhappy at your place of employment that you feel like a tightly-wound ticking bomb ready to explode, you should leave your job. That's called stress. It can make you mess up simple, everyday tasks. It can leave you unhappy and exhausted. It can spill over into your personal life.

If your job makes you feel more unhappy than happy and if you leave it everyday more stressed out than you ever were about your final exams during finals week in college, consider leaving it. Put in your two weeks. Do your job well for the next couple weeks. Gather your last paycheck. Think of the door hitting you on the way out as a well-deserved clap on the back.

Reason #2: You deserve respect.

You deserve to work at a place and for a company that respects you, your input of ideas, and well-being. If an employer could care less about the things you tell them or the time you put in to help their business succeed, then it might be time to say adiós. No job should make you feel unworthy or like less of a human being just because you're not being respected.

Reason #3: There are always other jobs out there.

There are a million other jobs out there and odds are you're probably qualified for *at least* one of them. A job should leave you excited to go to work and at peace when you leave it. Don't feel nervous or selfish for leaving a job that does you more harm than good. There are plenty other jobs for you out there in the world that won't make you suffer. Get out there. Make yourself and your work known. Get a job that enables and encourages you to kick ass.
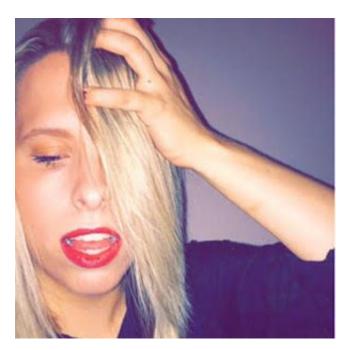
If your job isn't fulfilling your professional and personal growth, then it might be time for you to leave it. Don't feel bad about where that leaves the company. You deserve to be treated well at any place you decide to work.

That being said, quit that shitty job for a better one and keeping on stacking that paper.

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