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Opinions expressed by Entrepreneur contributors are their own. Work can be dehumanizing. I'm not only talking about truly hard work, like laboring in a coal mine or on an oil rig. A 9-to-5 job, despite its privileges, is a vestige of a time when corporations treated workers as static resources rather than people capable of decision-making and trust. In advanced economies, people spend more than a third of the day working, yet most jobs offer limited opportunities for autonomy and self-expression. It doesn't surprise me that more than half of employees in the U.S. are dissatisfied with their work. shutterstock Related: 4 Companies Share How to Instill Hope in EmployeesI believe in eliminating the false dichotomy of work versus life and instead infusing work with humanity. As I've seen in partnering with companies such as NBC Universal, this shift can dramatically impact people's happiness and engagement with their work. All of us, and especially leaders, play a role in this process. Here are a few ways to get started:1. Bring human moments to your daily routine.A powerful way to find meaning in work is by strengthening interpersonal connections. Humans are social beings – research has shown that social pain neurologically overlaps with physical pain. Being close to a colleague and feeling emotionally supported are proven to be stronger indicators of job satisfaction than the work itself.Don't underestimate the significance of small exchanges, like making eye contact when you walk in the office and genuinely asking a coworker what's going on in his world. Instead of jumping right into a meeting agenda, can you start by sharing something from a place of vulnerability? Daily interactions build relationships, which make up the fabric of a company's culture.Related: Daymond John: Get Out of Your Office and Into the MixI like to take time at the end of every day to reflect. Did I truly listen to my colleagues – putting aside my judgments, my interruptions and my phone? Was I patient and attentive? Did I hold space for what needed to emerge?The ripples of these interactions go beyond the workplace. One of my colleagues at Live Grey, a couple of months after joining the team, said she noticed a change in her relationships at home. She found that the language she had learned and the practices she engaged in at work had helped improve her communication with her husband of 10 years.2. Meditate on what's distracting you.It's human nature to bring extra "stuff" into the workplace. Research on attention shows that it's normal for the mind to wander about half of the time. Distraction comes in the form of external interruptions (loud conversations, emails or Slack notifications) as well as inner dialogue. These emotional distractions can impact your ability to be present for other people and do your best work.Many businesses are prioritizing their employees' health and well-being; nearly three-fourths (72 percent) of companies in a recent survey said they provide a wellness program in some form. These programs need to go beyond physical fitness and address emotional, mental and spiritual well-being. In my experience, practices such as yoga, meditation and somatic body awareness are a big part of holistic wellness.Related: How Can You Reverse Your Company's Work-Life Imbalance? Through Yoga.When I sit in meditation, I can start to work through psychological and neural patterns formed in early childhood that affect how I show up at work. These patterns need to be felt rather than intellectualized. I ask myself questions like, What emotions are present in my nervous system? What's preventing me from being present? What ideas from the past can I let go? The answers come from my nervous system, not from my thinking mind.3. Be curious about the differences between you and your coworkers.What if we were to understand differences between people as sources of possibility rather than categories that separate? In my experience, this shift in thinking can open up new ways of solving problems, communicating with others and coming up with ideas.I do this by looking for ways to encounter stories, perspectives and habits that don't match my own – for instance, by making a point to have lunch with someone new and asking about their life outside of the office. I listen with the goal of empathizing with their experiences rather than comparing them to my own.Related: This Employee Took Off Work for Mental Health Reasons, and Her Boss Thanked HerIf empathy isn't accessible for you, play with curiosity. A simple thing anyone can try is to recall a time when you were judging someone or something in any way. Next, ask yourself, what if instead of meeting that particular thing or person with judgment, you were to meet them with curiosity? The more you reflect on this, the more likely it will start to show up in the moment and you will be able to forge connections through difference.These practices -- paying attention to daily interactions, focusing on your well-being and embracing differences -- are connected. They're all part of breaking down the barriers between work and life, a process that takes time and tenacity. It can be inspiring, difficult and sometimes messy because it requires us to be our most human to succeed -- living our imperfect, emotional, undefined existence. The Day After 9/11, This Family-Owned Jam Company Lost All of Its Airline Business. But One Son's Strategic Rebrand Has Brought Lasting Success. The Art of Active Listening Requires Leaving Your Ego Behind Using This Color in Your Facebook Ads Could Increase Your Click-Through Rate Almost 3 Decades Ago, I Wrote Mysel a Check for \$1 Million. When I Had Nothing. Here's Why. This Entrepreneur's Wellness Tech Platform Was Inspired By His Grandma's Garden Here Are the 7 Traits You Need to Get Rich in the Restaurant Industry Yankee Candle Founder's \$23 Million Estate Comes With an Indoor Water Park and Two 'Car Barns' Humanistic psychology is a perspective that emphasizes looking at the whole individual and stresses concepts such as free will, self-efficacy, and self-actualization. Rather than concentrating on dysfunction, humanistic psychology strives to help people fulfill their potential and maximize their well-being. This area of psychology emerged during the 1950s as a reaction to psychoanalysis and behaviorism, which had dominated psychology during the first half of the century. Psychoanalysis was focused on understanding the unconscious motivations that drive behavior while behaviorism studied the conditioning processes that produce behavior. Humanist thinkers felt that both psychoanalysis and behaviorism were too pessimistic, either focusing on the most tragic of emotions or failing to take into account the role of personal choice. However, it is not necessary to think of these three schools of thought as competing elements. Each branch of psychology has contributed to our understanding of the human mind and behavior. Humanistic psychology added yet another dimension that takes a more holistic view of the individual. Humanism is a philosophy that stresses the importance of human factors rather than looking at religious, divine, or spiritual matters. Humanism is rooted in the idea that people have an ethical responsibility to lead lives that are personally fulfilling while at the same time contributing to the greater good of all people. Humanism stresses the importance of human values and dignity. It proposes that people can resolve problems through science and reason. Rather than looking to religious traditions, humanism focuses on helping people live well, achieve personal growth, and make the world a better place. The term "humanism" is often used more broadly, but it also has significance in a number of different fields, including psychology. Some religious traditions incorporate elements of humanism as part of their belief systems. Examples of religious humanism include Quakers, Lutherans, and Unitarian Universalists. Secular humanism rejects all religious beliefs, including the existence of the supernatural. This approach stresses the importance of logic, the scientific method, and rationality when it comes to understanding the world and solving human problems. Humanistic psychology focuses on each individual's potential and stresses the importance of growth and self-actualization. The fundamental belief of humanistic psychology is that people are innately good and that mental and social problems result from deviations from this natural tendency. Humanistic psychology also suggests that people possess personal agency and that they are motivated to use this free will to pursue things that will help them achieve their full potential as human beings. The need for fulfillment and personal growth is a key motivator of all behavior. People are continually looking for new ways to grow, to become better, to learn new things, and to experience psychological growth and self-actualization. Some of the ways that humanistic psychology is applied within the field of psychology include: Humanistic therapy: Several different types of psychotherapy have emerged that are rooted in the principles of humanism. These include client-centered therapy, existential therapy, and Gestalt therapy. Personal development: Because humanism stresses the importance of self-actualization and reaching one's full potential, it can be used as a tool of self-discovery and personal development. Social change: Another important aspect of humanism is improving communities and societies. For individuals to be healthy and whole, it is important to develop societies that foster personal well-being and provide social support. The humanist movement had an enormous influence on the course of psychology and contributed new ways of thinking about mental health. It offered a new approach to understanding human behaviors and motivations and led to the development of new techniques and approaches to psychotherapy. Some of the major ideas and concepts that emerged as a result of the humanistic psychology movement include an emphasis on things such as: Some tips from humanistic psychology that can help people pursue their own fulfillment and actualization include: Discover your own strengthsDevelop a vision for what you want to achieveConsider your own beliefs and valuesPursue experiences that bring you joy and develop your skillsLearn to accept yourself and othersFocus on enjoying experiences rather than just achieving goalsKeep learning new thingsPursue things that you are passionate aboutMaintain an optimistic outlook One of the major strengths of humanistic psychology is that it emphasizes the role of the individual. This school of psychology gives people more credit for controlling and determining their state of mental health. It also takes environmental influences into account. Rather than focusing solely on our internal thoughts and desires, humanistic psychology also credits the environment's influence on our experiences. Humanistic psychology helped remove some of the stigma attached to therapy and made it more acceptable for normal, healthy individuals to explore their abilities and potential through therapy. While humanistic psychology continues to influence therapy, education, healthcare, and other areas, it has not been without some criticism. For example, the humanist approach is often seen as too subjective. The importance of individual experience makes it difficult to objectively study and measure humanistic phenomena. How can we objectively tell if someone is self-actualized? The answer, of course, is that we cannot. We can only rely upon the individual's assessment of their experience. Another major criticism is that observations are unverifiable; there is no accurate way to measure or quantify these qualities. This can make it more difficult to conduct research and design assessments to measure hard-to-measure concepts. The early development of humanistic psychology was heavily influenced by the works of a few key theorists, especially Abraham Maslow and Carl Rogers. Other prominent humanist thinkers included Rollo May and Erich Fromm. In 1943, Abraham Maslow described his hierarchy of needs in "A Theory of Human Motivation" published in Psychological Review. Later during the late 1950s, Abraham Maslow and other psychologists held meetings to discuss developing a professional organization devoted to a more humanist approach to psychology. They agreed that topics such as self-actualization, creativity, individuality, and related topics were the central themes of this new approach. In 1951, Carl Rogers published "Client-Centered Therapy," which described his humanistic, client-directed approach to therapy. In 1961, the Journal of Humanistic Psychology was established. It was also in 1961 that the American Association for Humanistic Psychology was formed and by 1971, humanistic psychology become an APA division. In 1962, Maslow published "Toward a Psychology of Being," in which he described humanistic psychology as the "third force" in psychology. The first and second forces were behaviorism and psychoanalysis respectively. Today, the concepts central to humanistic psychology can be seen in many disciplines including other branches of psychology, education, therapy, political movements, and other areas. For example, transpersonal psychology and positive psychology both draw heavily on humanist influences. The goals of humanism remain as relevant today as they were in the 1940s and 1950s and humanistic psychology continues to empower individuals, enhance well-being, push people toward fulfilling their potential, and improve communities all over the world.

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