



Looking after your mental health whilst job seeking

Finding yourself unemployed can be one of the most stressful periods in your life, the angst of financial worries plus a loss of purpose can easily consume you very quickly. Here are some hints and tips to help you try and take control of the uncertainty in an uncertain time.

- Keep to a daily routine - this is really important on weekdays
- Get up, showered, dressed have breakfast. Start the day as you normally would
- Open your emails and review any new job alerts which have come in overnight
- Use a diary to log call backs to people you want to keep connected to, for instance, recruiters or a community within your industry.

Your days may feel a lot longer than when you were in work, when someone says they will call you back and doesn't respond within the hour it can feel an age. But remember their world could still be running at 100 miles per hour, just because they haven't returned your call does not mean they are avoiding you. It could just mean they have become really busy so drop them a quick email perhaps asking for a convenient time to talk or have the conversation online.

- Use LinkedIn to feel engaged with your industry, sector, specialism. Engage with posts, comment and share. This will also keep you active within your networking.
- Follow up on applications made - connect directly with the hiring managers (LinkedIn again is a great tool for this).
- Maybe write an industry relevant blog.

- Investigate if there are any free courses to refresh your skills or even learn a new skill or hobby.
 - Make time for exercise, even if it is just that daily walk - fresh air does wonders for the mind.
 - Keep social - with friends and family. • Volunteer • Make a list of what you want to achieve that week. Don't worry if the list isn't fully achieved - people in work very rarely achieve 100% of their daily 'to do' list!
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Example list

1. Connect with 10 new hiring managers who are of interest to me
2. Find 5 new companies I would like to work with
3. Follow up the applications I made last week
4. Follow up with the 5 most important recruiters I know who can help me
5. Try and find 5 more jobs to apply for
6. Seek out a volunteering job
7. Post on LinkedIn that I am actively seeking work - use relevant hash tags to get noticed



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