

GET THE JOB

Coping With Job Search Stress

Staying Focused and Resilient While Looking for Work

Looking for a job can be one of the most stressful times in a person's career. Whether you're unemployed or seeking a better opportunity, the uncertainty, waiting and constant effort can take an emotional toll. Managing stress during a job search is essential — not just for your well-being, but for your confidence and clarity as you navigate the process.

SET A STRUCTURE AND KEEP PERSPECTIVE

Treat your job search like a job. Create a schedule with specific blocks of time for searching, applying and networking. Having a routine can give your days structure and help you avoid burnout.

Break your goals into manageable steps, such as applying to a certain number of jobs per week or reaching out to a set number of contacts. Celebrate small wins — finishing a résumé update, landing an interview, or even just making a new connection. These milestones can boost motivation and help you stay focused.

It's also important to remember that rejection is part of the process. Even highly qualified candidates don't land every



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interview. When setbacks happen, try not to take them personally. Each “no” is one step closer to the right “yes.”

TAKE CARE OF YOUR WELL-BEING

Don't let the job search take

over every moment of your day. Make time for breaks, exercise, hobbies and connecting with friends and family. These activities help reduce stress and remind you that your self-worth isn't defined by your employment

status.

If you're feeling overwhelmed, talk to someone — a friend, a mentor or even a professional counselor. You're not alone, and it's OK to ask for support.

A job search may be chal-

lenging, but it's also temporary. By staying organized, taking care of yourself and staying connected to your goals, you can manage the stress and stay ready for the opportunity that's just around the corner.