

STAYING POSITIVE WHILE UNEMPLOYED



For those searching for a job while unemployed, the search might take longer than expected, which can cause a ton of stress. Being out of work can cause stress and cause a person to worry on a regular basis about the ability to find a new job. "You need to keep a positive outlook and remember that the bad news that we're hearing every day about the economy and job market doesn't apply to all industries," says Priscilla Claman, president of Career Strategies Inc. Claman wants job seekers to understand that there is more than one industry in the country, and that some of them are constantly hiring new workers. The best tip for surviving a long unemployment streak is to stay optimistic. Employers want to hire positive people, and your negativity will show in an interview. All unemployment people have a job even though they are technically out of a job. Their job is to keep to a schedule and secure employment. Turn a spare room of your house into a personal office, keeping regular hours, and scheduling activities to keep you busy during the day. "This isn't magic, but most people find that if they write down what they're going to do, it's a lot easier to do it without getting discouraged," said Jean Baur, the author of a popular unemployment book. Claman says that you should also be a good boss to yourself, giving yourself a reward when you complete tasks on your schedule. The reward could be playing with the dog, talking a walk in the park, or sitting outside to get some sun for a couple of minutes. Make sure you also manage the type of people you socialize with while unemployed. Stay away from negative people because they will only bring you down. For the most part, a job seeker should be receiving five or six interviews per every 100 resumes submitted to employers. If you are not meeting these goals then seek a professional opinion. Someone from the outside could be able to tell you if you are doing things wrong, such as writing an unattractive resume. There are hundreds of people across the country who apply for jobs only using the internet while unemployed. Instead, change tactics and talk with people you have met throughout your career to see if they can get you an interview. You should focus solely on a company where you would like to work and offer them a solution to a problem they are having at the time of your interview. Managing your stress level while unemployed is vitally important to your health and to your job search. Should you fall into depression, seek medical help immediately before it gets too late. "Take care of yourself through therapy, physical exercise, volunteer work, new projects or hobbies that you enjoy," Baur says. The best way to invest in your future is to add skills to your resume. You can do this by reading more books while unemployed, attending some college courses, acquire a certification or study for an advanced degree.

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