

FOUR TIPS TO KEEP IN MIND FOR THE UNEMPLOYED DURING THE HOLIDAYS



Thanksgiving is behind you and the holiday season is in full swing. Regarding of which holiday you celebrate this time of year, it is difficult to ignore the snowman down the stress holiday music playing in every store, and the generally positive holiday spirit that usually manifests this time of year. Looking for a job can be especially stressful and anxiety-ridden during the holidays. The following four tips can protect your sanity and revitalize your holiday season job search.

1. Take a Break Looking for a job can BE a full-time job. The day-to-day search for potential jobs, not to mention the application process and following up by e-mail after the interview, is very time-consuming and stressful. Just think, if you were employed this time of year, you would be attending holiday parties and even taking vacation time, so relax and enjoy the process. Employers are also busy this time of year so do not be discouraged if you do not get a response from them or if you cannot find any new job prospects. Take this time to enjoy the holiday season, meet with friends who are in the holiday spirit, and focus on networking. Networking is a 24-hour a day aspect of finding a job.
2. Listen Listen to others around you. During the holidays, you most likely will be attending at least a few holiday parties. Take this time to interact and mingle with people of all different walks of life. Once hearing that you are looking for work, most people are usually eager to share with you prospects for work that may know about.
3. Stand Up Families are a big part of holiday celebrations. Although much love exists in families, they can also be a source of stress and frustration especially during the holidays. If you find that a family member is being particularly difficult, stand up for yourself. You are doing the best you can under the circumstances and there it is not necessary to discuss your current jobless status at the dinner table. If you find that you are the one giving yourself a difficult time for not having a job, the best thing you can do is have a plan. Being stressed about your unemployment during the holidays is not going to get you hired any sooner. A new year will be beginning. Make a plan to try a new job search method after the holiday season. Set new goals regarding your interviewing schedule, or maybe even start or join a networking group in your community to share information and contacts as your search for just the right opportunity.
4. Refresh Take this time at the holidays to relax and enjoy your friends and family. Get ready to kick off the job search with a bang in 2012 by recharging your batteries now and get yourself mentally ready for the job search ahead.

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