

JUMP BACK QUICKLY AFTER LOSING YOUR JOB



Trying to rebuild your confidence after a job loss can be very hard. It is very easy to fall into the trap of feeling sorry for yourself, which is going to cause you to doubt your ability to land a new job. If that happens, then you need to make bouncing back your top priority. Here are five ways to help you bring your confidence back up after you have had a bad job loss: 1. Develop a Routine: If you don't have full control on your job search, it can have a negative effect on your self-esteem. Instead of wallowing, treat the job search process just like a full-time job and be thorough and deliberate in your search. You should try to develop a routine each day to help you to regain control. There are many different activities of a search that is going to keep you busy and that you have control over, so you have to make sure that you are using your time as wisely as possible. 2. Find a Supportive Network: Being surrounded by supportive circle can help you to rebuild your lost confidence. The people who believe in you the most can help you make a decision when it comes to finding the right job. Anyone from a family member to an acquaintance can help you get your self-esteem back up after you have been laid off from your job. 3. Help Others: Instead of feeling sorry for yourself, you can use your new free time to help someone else out. In establishing new connections and applying your skills to other areas, like volunteering or taking on leadership positions out in your community, can help you to bounce back, and jump back in the game. It is going to keep all of your skills sharp, make you feel a lot better, and give you something to talk about when you are meeting with people. 4. Use Positive Affirmation: While getting support from friends and family is a very important thing, it is also equally important that you believe in you and your skills. Each day you need to verbalize a positive affirmation, that way you can remind yourself that you possess valuable skills. 5. Allow Some Time to Heal Especially in this tough economy--when job interviews are much harder to get--it can take time for you to regain your confidence and no one expects you to recover right away. Do not beat yourself up over it. Recognize that you are going to have good and bad days because having to go through a job loss is a very tough thing, and nothing is wrong with you if you need some time to heal.