

## Overcoming The Stresses of Finding A Job and Career

Layoffs in the business world are common and with it comes the fear and anxiety of finding another job. With this in mind, here is a list of techniques that a person can use to help manage their stresses and anxieties in finding a new job or career. A technique that can be used to reduce the stress of finding another job is to divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. For instance, the first thing you should do is to determine what kind of job you want. Once you know what you are looking for, the next step is to update and prepare your resume. Once that is finished, you should then concentrate on finding the companies that interest you and send your resume to them. Once you submit your resume, the next step is to prepare for the job interview. By completing these smaller tasks, you will reduce your stress and anxiety and increase your chances of finding another job. Sometimes we may get depressed during our job search. Another technique that is very helpful is to have a small notebook of positive statements that make us feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed, open up your small notebook and read those statements. In addition, it also helps to write down a list of things you are thankful for in this world. For instance: good health, a good marriage, lots of friends, being smart and resourceful, and a good education are things that any person can be thankful for. Whenever you get discouraged in finding another job, take out your list and focus on the things that make you happy. This technique will make you feel better and give you more encouragement to continue with the job search. Sometimes, we may be nervous doing a certain task that may be scary. When this happens, visualize yourself doing the task in your mind. For instance, you have an interview in a few days. Before the big day comes, imagine yourself that you are in the interview. Imagine that you are talking to the manager about your qualifications. By practicing the interview using your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation. Finding a new job can be tough, however remember to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that can not be anticipated and can affect the results of any situation. Focus on the present and do your best each day. Next week will take care of its self. Our anxieties and stresses can be difficult to manage when finding a new job. Managing your stress during a job search takes practice. Be patient and in time you will become better in dealing with your anxieties.

### About the Author

Stan Popovich is the author of, *A Layman's Guide to Managing Fear*, an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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