

# '5 Steps to Mental Wellbeing' for your job search



## 1.) CONNECT WITH OTHERS

Connect with friends, family and colleagues and also contacts within your network.

Building good relationships with others increases our feeling of self-worth and provides a platform for sharing experiences and giving and receiving emotional support.

## 2.) GET ACTIVE

Find an activity you enjoy and build it into your weekly job search schedule. It doesn't have to be going to the gym or running 5 miles it can be a walk with the dog, a cycle to the countryside. Stick to it and make it part of your life.



## 3.) KEEP LEARNING

Learning new skills gives us a sense of achievement and new confidence. It also increases our value to potential employers. Attend a webinar, organise a 'Zoomcoffee' chat with a network contact, read articles, attend online courses.

## 4.) GIVE TO OTHERS

Even a small act can count. Whether it's kind words of encouragement, a thank you or sharing your knowledge to support others. Giving your time to others will boost your wellbeing and could even open up new social networks.



## 5.) STAY ORGANISED

The more organised you are, the less likely you will become overwhelmed and fall into the trap of defeatist thinking. Follow a multi-channel approach with your job search involving both reactive and proactive job search strategies. When you suffer a knockback having other areas of focus will help build your resilience and enable you to bounce back quicker.



POSITIVE CAREER ADVICE