

'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.

