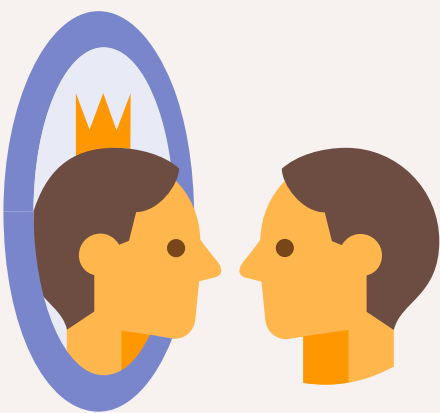


# JOB SEARCH FATIGUE

What can you do about it?

## CREATE A ROUTINE FOR JOB SEARCH



25% of this should be on self-care

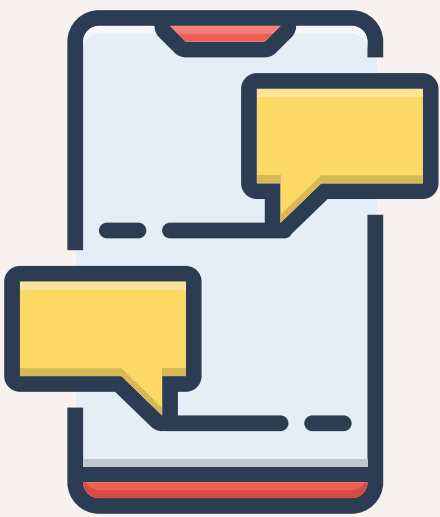
If you don't look after yourself, and give yourself some 'me time', the rollercoaster ride that is job search will wear you down and this will affect your applications and interview.

## CONFIDENCE BOOST

Look back on your achievements, ask colleagues what is so good about you and all of that will lift your energy level enough to keep you going some more



## SOCIALISE DAILY



Make networking a priority e.g. through job search groups, ask questions, contribute to discussions, generate some light-hearted moments to the discussion

## JOB SEARCH FATIGUE IS LIKE ANY OTHER FATIGUE

Your worth is not tied to the outcome!

Whether you're training to run a marathon, lose weight, get healthy, there are things within your control and things you cannot control. Fatigue happens when we think we can control the outcome and in Job Search we can't - release yourself from that pressure.

## SEEK PROFESSIONAL HELP WHEN NEEDED



Structure, accountability and guidance. I can help you with this, but you need to be ready and willing to accept the help.