

Keeping motivated while looking for a job

5 FEBRUARY 2016



It's tough looking for a job

Sitting at home

Going through the same websites over and over again

Not having any income

Being rejected (until you are not)

Need to keep positive

Unemployment creates a level of prolonged stress

Can be debilitating in terms of physical and mental wellbeing

To change how we feel we can change our thinking and/or change our actions

Changing thinking

When something happens we begin to evaluate it

- Our evaluations might be rational and helpful
- Often they are irrational which can lead to emotional upset and self-defeating behaviour

Challenge irrational thoughts and replace them with positive thinking.

- Irrational thought: “I lost my job, I’ll never find another one”
- More helpful rational thought: “It will be hard to find another job and might take some time. I’d better work on it every day.”

Possible actions to help with our feelings

Need to do the work of job hunting but can also do other things

Here are 10 ideas

1. Catch up on sleep

- Everything seems better when you are not tired

2. Keep physically fit

- Look after exercise and diet

Possible actions to help with our feelings

3. Change the space around us

- Brighten up the home environment
- Change things around

4. Get outdoors

- Have a daily walk

5. Focus on other people

- Meet up with friends
- Volunteer
- Find someone else to help

Possible actions to help with our feelings

6. Have a mini adventure

- Explore somewhere you have never been

7. Expand our mental horizons

- Learn something new
- Try an online course

8. Talk to people about how we feel

- Chat to close friends or family

Possible actions to help with our feelings

9. Take out our anger

- On a punch bag or pillows

10. Practice thankfulness

- Make a list of things to be thankful for

Next steps

What other ideas are there?

- Take up a new hobby
- Start a long term project

Which one of these sounds the most helpful?

- What will take you out of yourself?

1. Catch up on sleep
2. Keep physically fit
3. Change the space around us
4. Get outdoors
5. Focus on other people
6. Have a mini adventure
7. Expand our mental horizons
8. Talk to people about how we feel
9. Take out our anger
10. Practice thankfulness