



# *How to Manage Job Search Stress.*

The uncertainty of looking for a job is bound to create anxiety. The good news: There are ways to manage stress during your search!

There's no doubt about it. Searching for a job, especially while unemployed, is stressful. Managing stress is an important part of finding that great career-building opportunity. Here are some tips:



## *• Manage your expectations*

According to the U.S. Department of Labor Statistics, the average duration of a job search is 4.6 months. Remind yourself that many of the determining factors of search duration—the health of the economy and your industry, your location, the number of openings in your area of expertise and experience level—have little to do with your talent or qualifications. Bear this in mind as you prepare yourself for a long haul. If you land a job sooner than expected, it'll be that much more exciting!

## *• Stay active in your search*

Activity is the enemy of anxiety. Stay in regular contact with your personal and professional network to keep everyone updated on your progress. Keep your resume updated. Browse company websites and business news on a daily basis to stay current on your employer prospect list. Keep your home office tidy—a neat, well-organized workspace will keep you in a positive frame of mind for your job search.

## *• Be proactive*

Because most job openings never get posted, it pays to be proactive. Research the web to expand your list of the companies most appealing to you. Reach out to contacts through LinkedIn. Set up informational interviews. Become active in professional associations. The mindset: You're not necessarily looking for openings. You're developing and expanding your network of contacts so that when a position opens up, they'll think of you.

## • *Communicate directly with hiring managers*

In addition to submitting your materials through an application portal, send an email to the person this role will report to, briefly outlining your interest in the role and including your resume and cover letter.

## • *Take care of yourself*

It's easier to manage stress when you're healthy and well rested. It's always important to exercise, eat right and get enough sleep, but during your job search, it's critical. Put aside time every day for physical activity, whether it's a long walk, a run, a bike ride or other form of exercise. And go to bed early. Your body—and mindset—will thank you.

## • *Get support*

Don't be too proud to lean on your family and friends when feeling down or anxious. Join a job search accountability club for peer support and to build a community. Reaching out to a DePaul Career Center advisor can help keep you focused on goals, target your job search, adjust your strategy as needed and remind you of a very important fact: You're not the first to be in this position.

## • *Fuel Your Search*

Post and follow on LinkedIn, listen to industry podcasts, watch TedX videos of thought leaders in your field. Taking small steps like these can make this process more active and less reactive. This will also help maintain your confidence and keep you prepared for your next interview.

### **Here's the bottom line:**

It may be an emotional roller coaster, but if you make and maintain the effort, you WILL find the right job for you. You're a DePaul grad! Have faith!

**Relax.  
It will happen!**