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How to:

Keep Motivated Whilst Looking for a Job



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Introduction

It can be 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 aren't)



Unemployment can create a level of prolonged stress



Can be debilitating in terms of physical and mental wellbeing

It's important to keep yourself motivated



This leaflet will explore how changing your thought patterns and/or your actions will help you feel more positive and motivated to work towards finding a job.

Your Thoughts

When something happens we begin to evaluate it. Our evaluations can be helpful and lead to positive behaviour but more often they are unhelpful and lead to emotional upset and self-defeating behaviour.

We can help ourselves by changing the way we think:



Instead of thinking.....

"I lost my job, I'll never find another one"

or

"I hate interviews, I'm no good at them"



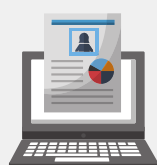
Try thinking.....

"It will be hard to find another job and might take some time. I'd better work on it every day."

"I find interviews difficult, I'm going to ask my ESO for advice and arrange a mock interview so I can practice and improve my interview skills."

Positive Actions

There are many activities that you can be doing to improve your employability and proactively prepare for your next role:



Update your CV



Create a LinkedIn Profile



Audit your social media



Practice Interview questions



Improve IT skills



Prepare your interview clothes / outfit



Gain qualifications
Ask your ESO about IHASCO and iDEA



Organise employment documents
(Housing licence, GY number, Police Disclosure, CV)

Your Employment Support Officer can offer you guidance in all of these activities.

Wellbeing

It is important to continue job hunting but there are other things you can be doing to help with your feelings and mental wellbeing:



Sleep

Aim for 8 hours



Morning routine

Get up, shower, dress, eat breakfast at the same time each day



Focus on others

Help family and friends or volunteer



Exercise

Start off gently and slowly build up



Eat a healthy diet

Aim to eat 5 portions of fruit and veg a day



Stay hydrated

Drink 6-8 glasses of water each day



Change your space

Transform the layout or colour scheme of a room



Get outdoors

Have a daily walk



Practice thankfulness

Make a list of things to be thankful for



Take out your anger

On a punch bag or pillows



Learn something new

Take up a new hobby or sport, learn a language



Start a new project

e.g research and create a family tree



Have a mini adventure

Explore lanes/trails that you've never walked before



Share your feelings

Chat to friends or family - a problem shared...

Summary

It can be difficult to stay positive and motivated when you are job searching for a sustained length of time.

Remember to:



Challenge any unhelpful thoughts you have



Take positive action



Look after your wellbeing



Speak to your ESO if you would like support to stay motivated

Useful Links:

For the latest opportunities to volunteer visit: www.charity.org.gg

For emotional support visit: www.guernseymind.org.gg or watch some of the videos by HSC Guernsey Mindfulness on YouTube.

For diet advice: <https://healthimprovement.gg/services/eat-well>

For exercise: <https://healthimprovement.gg/services/be-active>

For local walking routes: <https://healthimprovement.gg/services/be-active/get-out-there>



www.get.org.gg
01481 247 999
info@get.org.gg

Guernsey Employment Trust
Fort Complex, Les Tracheries Road
St Sampson, Guernsey GY2 4SN

**Our aim is to support disabled
and disadvantaged people to secure
and maintain work in Guernsey.**

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Registered Address: Fort Complex, Les Tracheries Road, St Sampson, GY2 4SN



Promoting Inclusion