



***Looking
after your
Mental Health***

A Guide for Jobseekers

LOOKING AFTER YOUR MENTAL HEALTH - OUR TOP TIPS

Job-seeking can be tiring. It can also take its toll on your mental health and well-being. Spending all that time looking for jobs, applying, having interviews can lead to burnout just as much as working a demanding job can.

We have some top tips on looking after your mental health as a jobseeker and making sure you are looking after yourself too!



Don't Blame Yourself

There can be multiple reasons why you didn't get a job or didn't get accepted back for an interview. But it's important that you don't keep blaming yourself.

You are only human and your perfect job is still out there!



Be Kind to Yourself

Similar to not blaming yourself, it's important to also be kind to yourself. The way you think and talk about yourself can have a negative toll on your mental health.

Just like you would talk to a friend, when they have been rejected from a job, remind yourself that you are worthy and talk to yourself in a caring way.

Treat Yourself



So you didn't get the job you wanted, or you tried really hard for an interview, maybe you spent a long time on an application, treat yourself!

This doesn't have to be anything big, but having little treats like buying yourself a coffee or practicing some self-care can keep you going and motivated.

Speak to those around you



It doesn't help to bottle things up when you are feeling stressed or defeated. Speak to those around you and people you care about and open up about how you are feeling.

It's not embarrassing to talk about and many people you know will also have experiences of job-seeking and can offer some valuable advice.

Look for Resources



We have loads of resources on the Hargreaves Recruitment website for jobseekers when it comes to looking after your mental health and bouncing back from rejection.

Head over to our website to check them out!

www.hargreavesrecruitment.com/courses-jobseeker/