



The Job Seeker Blues

If you've been looking for a job with little or no success, you may start to feel defeated and your job search hopeless. You're not alone, many unemployed and even some employed job seekers hit a wall in their job search where it seems like you've done everything possible and spent endless hours applying for jobs to only be in the same position you were in months ago. If this is you, I'm sorry to say, you have the job seeker blues.

It's no secret that long-term job seeking can contribute to depression and unhappiness. Unfortunately this will directly influence the results of your job seeking efforts. Now you are probably applying for jobs that you know are not a perfect fit, you've stopped customizing your cover letter and resume and have begun to just copy and paste the same text from one job to the next, and most likely you're just going through the motions that a job seeker does in order to avoid any guilt associated with not putting in the appropriate amount of time looking for a career.

You need to revitalize your job search. If you haven't already, take a couple of days not looking for a job. Instead do something you enjoy; go for a walk, fix something in the house, have a rummage sale, put together a fitness program, etc. Going forward make sure to incorporate the activities you enjoy doing into your daily schedule. This will bring some normalcy to your otherwise crazy day.

Once you've cleared your head remember that you are a good employee. You have made a lot of positive impacts with previous employers and can do the same for a new company. The employment market has unfortunately put you in a situation where a job that fits your skill set isn't readily available and may not be for a few more months.

Now you can start your job search with a fresh perspective. Make sure to always utilize every resource available, you never know which one is going to prove to be successful. Just a few examples include utilizing all the online job boards including both general and niche boards, social media, networking, referrals, visit company websites, and meet with a couple recruiting firms.