

GET THE JOB

Managing Job-Search Stress

The coronavirus pandemic has made a big impact on the job market. Fear and anxiety about this new virus — along with changing restrictions on businesses trying to survive 2020 — have left many dealing with high-stress situations.

Job seekers are dealing with challenging searches with many employers holding off on hiring until the pandemic clears up.

The impact of this pandemic on our mental and social lives will be felt by professionals for years to come. But with the right daily habits, we can maintain our mental health and find new opportunities that fit our skills and experience.

COMMON STRESSORS

First thing's first, let's walk through some of the warning signs of mental health on the decline. The Centers for Disease Control and Prevention (CDC) identifies these COVID-related stressors:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.



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HAVE A PLAN

If you're struggling with the stresses of a job search, create a plan to help you break your big goal into more manageable ones.

Start by writing down your signature career wins so you can highlight them on the first page of your resume. Make sure you keep your resume and cover letter updated, as well as your LinkedIn profile.

This can help you take some of the pressure of feel-

ing like your personal marketing materials are behind the curve.

TAKE A BREAK

As a human, you are more than your job or job search. If you're feeling stressed about finding your next job opportunity, sometimes it can help to take a break.

Schedule a virtual coffee with a friend or family member. Go out for a jog or a bike ride. Or simply watch one of your favorite movies. Taking a

little bit of time for yourself can make a big difference in helping you overcome the stress of a job search.

TIPS FOR EMPLOYEES

If you're unable to leave a stressful job situation due to not having another job lined up, there are some things you can do to make your environment better.

How can employees take mental health matters into their own hands? Here are some additional tips from the CDC:

- Encourage employers to offer mental health and stress management education and programs that meet their needs and interests, if they are not already in place.
 - Participate in employer-sponsored programs and activities to learn skills and get the support they need to improve their mental health.
 - Serve as dedicated wellness champions and participate in trainings on topics such as financial planning and how to manage unacceptable behaviors and attitudes in the workplace as a way to help others, when appropriate.
 - Share personal experiences with others to help reduce stigma, when appropriate.
- Following these tips will help you overcome stress while you improve a positive attitude toward your career.

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HOT JOB PROFILE

SUBSTANCE ABUSE, BEHAVIORAL DISORDER, AND MENTAL HEALTH COUNSELORS

Number of jobs in 2019: 319,400

Job outlook, 2019-29: 25% (Much faster than average)

Employment change, 2019-29: 79,000

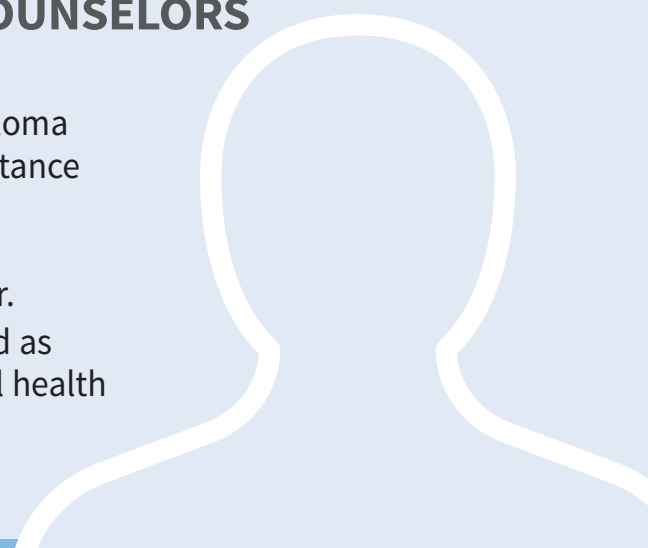
The role: Substance abuse, behavioral disorder and mental health counselors provide treatment and advise people who suffer from alcoholism, drug addiction or other mental or behavioral problems.

Education required: Most positions require at least

a bachelor's degree. Although educational requirements can vary from a high school diploma and certification to a master's degree for substance abuse and behavioral disorder counselors, a master's degree and an internship is typically required to become a mental health counselor.

Job outlook: Employment growth is expected as people continue to seek addiction and mental health counseling.

Source: U.S. Bureau of Labor Statistics



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