

When A Job Search Turns Up Anxiety Instead

by Christopher Jones

(NAPSA)—Any job search comes with some degree of anxiety, but when a job search takes on a life of its own, it's time to set up some boundaries.

By establishing a regular time to focus on your job search, you can transform it from a free-floating enterprise into a goal-oriented



Finding work can seem like a job itself, but you don't have to let it get you down.

endeavor. Also, if you're unemployed, don't allow not working to wreak havoc on your everyday routine. Get up at the same time you did when working. Make time for activities you would normally do when holding down a job.

Avoid irrational "I'm not worthy" fears by developing an objective sense of your value. Use salary calculators and industry reports from online recruitment sites like HotJobs.com to develop an idea of your worth in today's market.

Money is a common anxiety inducer. Face the issue head on: Take stock of your savings, unemployment insurance or severance and regular monthly expenses. Don't let anxiety impair judgment—like thinking you have to accept the first job you're offered. Consider getting a temporary job to tide you over if needed.

And, if you're feeling overwhelmed with your search, talk to someone—a friend, a professional or people in similar situations at networking events.

Mr. Jones is a careers expert and oversees content at HotJobs, a Yahoo! company (www.hotjobs.com).