

Self-Care While Looking for Work

- Avoid negativity. You may find yourself in doubt, especially when you don't receive the responses you expect, but stay clear of negative self-talk. Looking for a job *is* a job. Pace yourself and stay focused on your skills and employment potential.
- Stay occupied — exercise, visit with peers, develop, or spend time on hobbies
- Be realistic — you likely won't receive positive responses from every job application you submit, or sometimes even responses at all. Be patient and optimistic. Statistics show that only 10-30% of applications receive a response requesting an interview ⁽¹⁾. Of those that do get an interview, 36.89% receive a job offer ⁽²⁾.
- Celebrate your victories, no matter how small. Getting a callback, interview or making a new connection are all wins.
- Set goals and keep them reasonable. This will help you feel accomplished and keep you from feeling overwhelmed because you will have daily and weekly milestones to keep you directed, motivated and consistent.
- Remember to focus on your strengths and worthiness. You deserve the opportunity to work, and the community will benefit from your lived experience

Use the following prompts to help you focus on self-care during the job search process:

1. An employer will benefit from having me on their team because...
2. The community will benefit from me being employed because...
3. Reasons why I look forward to working:
4. Keep a Positive Trait Tracker:

I am...	Ex: Funny, fashionable, optimistic, creative...
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References:

1. "5 Tactics to Improve Your Job Application to Response R." *Black Tech Jobs*, 31 May 1970, <https://www.blacktechjobs.com/5-Tactics-to-Improve-Your-Job-Application-to-Response-Ratio>.
2. Kolmar, Chris. "How Many Applications Does It Take to Get a Job? [2022]." *Zippia How Many Applications Does It Take To Get A Job 2022 Comments*, 15 Aug. 2022, <https://www.zippia.com/advice/how-many-applications-does-it-take-to-get-a-job/>.

