

# JOB HUNT, stay sane (really)

One rejection letter away from losing it? Here's how to keep going when your inner force is flagging.

**W**e're not going to sugar-coat job hunting. When successful, it's the best bloody feeling in the world. If it's not (and we're all here to prove it's brutal), here, clinical psychologist Denise Tenor, author of *How to Get A Job in 4 Weeks*, explains how to attack the task — and bring on the highs.

## Approach it like an actor

Actors — even brilliant, famous ones — get rejected. Jennifer Lawrence was turned down for the lead in *Twilight*, Amanda Seyfried and Blake Lively were surprised to not land out on the role of Daisy in *The Great Gatsby* and Carey Mulligan's *Jojo Rabbit* audition had three auditions for *Les Mis*. Then get pipped by Anna Kendrick. The lesson? Actors hear rejection as part of the job; they're just not right for that specific role. It's true for us, too, so don't feel embarrassed or dejected. Treat an interview

## STAY SOCIAL

Is a job hunt, you and your laptop are going to get close. But when you usually aren't talking so it because you haven't also reached business to come here... get social! Take your laptop to a cafe or library a few times a week and you'll likely see the same faces — not all faces, most people get jobs through people they know. Creating

the an audience and review your performance. Did you talk enough or too much? Where did you struggle? Then use this info to ace the next one.

**Find your sweet spot** Many people say to treat a job search like a full-time job, but that's unrealistic. I tell clients to spend 20

hours a week to it then track if you're still working. The key is to identify your productivity peak — that magic time when you feel totally "in it." A tip: if you're still in employment (attend a job you hate), search before work, not after it when you're drained.

## Make it a game

OK, it's not going to be the most fun ever, but — the the way you push yourself harder each time you exercise — set yourself goals (and rewards). Eg. "If I make five calls and send 10 emails, then I'll have a Facebook break." Set up how many calls/emails you do each week, then try to go one better. Add it, you're on a roll.

## THINK OUTSIDE THE HUNT

Bring out of work means a lot of free time. Free means allow a slow day at the office! It's extremely worse if you have no office at all. So focus on what else you'd like to do. Improve your digital skills! Learn PowerBI! Now is the time. You do it with the voluntary jobs, Google your TED Talks or your TED Talks or take an online course you want to complete any time you can. (The TED courses include videos, quizzes and text.) Stay sane.



Smiling your way through a long job hunt really works.