



Stress in the job search

Vicki Berling

As of late I've been in the job market, like many others, for reason's out of my control. It's been awhile since I've been in this position, but I knew I needed to get back on LinkedIn, and what I've realized, is probably what a lot of people are thinking/feeling. LinkedIn feels like it's turned into a toxic social media site, and I don't mean in a hateful way, but in a way that eats away at you as a person that might be in a bad time in your life. It's a mix of people celebrating the highlights of their life, and a mix of people [pardon my french] making you feel like shit for being out of a job. You log in, and you get a feed like this:

- "Here is all the things you're doing wrong as a designer"
- "15 reasons your resume isn't getting through"
- Other heads of design talking about how they reject candidates, and a lot of times the reasons conflict with what others will say
- "If you didn't build your own portfolio site, I don't even consider you"
- "AI is filtering out your resume if you don't use [X] service"
- "There are so many applicants, we can't keep up"
- Posts about #opentowork being a badge of

Very helpful Useful tips Great advice

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To be really honest with you, I'm not making up this list. And unlike other social media, you can't just ignore LinkedIn, because let's face it, there aren't very many alternatives, so you have to weather this first storm regardless.

Once you get through that noise, you finally try combing through the jobs to see that EVERYTHING has over 100 applicants. You, submit anyway into the void, you try and message hiring managers, but they are either behind the paywall of LinkedIn premium or are just too swamped to even get back to you. You're just left out in the cold to wonder what went wrong, and how it's your fault.

This has been my life for the last couple months, and every morning I wake up in a panic, dreading this groundhog day. This doesn't feel right, I shouldn't feel anxiety on top of anxiety... but here we are. As much as I hate it, I will keep pushing through, because I know I'm a great designer, and I can prove it just like I have in the past. I just need the chance.

All that said, I know there are a lot of folks feeling the same way, a LOT of them are people that you know. Talk to them, I mean REALLY talk to them, reach out, even if you don't necessarily

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past. I just need the chance.

All that said, I know there are a lot of folks feeling the same way, a LOT of them are people that you know. Talk to them, I mean REALLY talk to them, reach out, even if you don't necessarily have a job to assist with, let them know that you understand, and that you honestly care. We're all silently screaming in our minds, while we put on these faces to push through another day, but really we could just use a little honest empathy to keep us going.

Share this, if you think someone needs to know they aren't alone. I'm here to talk to folks, even if they just want to vent. I'd say I'm, #opentocaring

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Takeaways

- Job searching is stressful
- It takes longer than you want
- It's hard to stay positive – hard not to feel inadequate
- You “have” to do things you don't want to do – like use LinkedIn
- The process is not “fair” – qualified people get overlooked



And yet I read
inspirational stories
from successful job
seekers through
NKYAG every week





It's a chance to...

Take a break

Reinvent yourself

Meet new people

Volunteer

Take stock



The “doing” part is pretty clear...

Getting a job is your job right now

- Manage your time
 - Eat your “frog” first
- Establish a schedule
- Set up a “to do” list
- Build your network
- Update your credentials
- Update your resume
- Update your “presence”
- Get a coach if that would be helpful
- Learn to take advice
- Explore change
- Get to know yourself again

“18 Tips to Reduce Anxiety while Job Searching” – Indeed Career Guide



Take care of yourself

How do you talk...

TO YOU?



It's a temporarily wrinkled cape



Thank you

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The logo for NKY Works features the text 'NKY Works' in a blue, sans-serif font. The 'o' in 'Works' is replaced by a target symbol. The logo is framed by a yellow border that is thicker on the right and bottom sides.