

# 5

## Ways to Look After Your Mental Health While Unemployed



Being out of work can be tough on your mental health, but these tips can help

# 1

## How Unemployment Can Affect You

- Many people feel they've **lost part of their identity** when they lose their job
- Money worries can cause **stress and anxiety**
- Missing workplace friends can **lead to feeling lonely**
- Job rejections can make you feel **not good enough**
- These feelings are **normal and common**

# 2

## Create Structure in Your Day

- Set regular times for **job searching, learning and relaxing**
- Break big tasks into **smaller, easier steps**
- **Set goals you can actually reach**, like sending a certain number of applications each week
- **Keep your CV updated** with any new skills
- Have a separate workplace where you **do your job search activities**
- **Celebrate** small wins

# 3

## Stay Connected with Others

- **Keep in regular touch** with friends and family
- Join groups where you can **meet others looking for work**
- Attend networking events where you can **meet people in your field**
- **Join professional groups** related to your work
- **Consider finding a mentor** who can guide you
- Remember: **asking for help shows strength**

# 4

## Keep Learning and Growing

- Take advantage of **free or affordable online courses** to learn new skills
- **Volunteer or do charity work** to help others and gain experience
- **Try new hobbies that you enjoy**  
- it could add to your CV
- **Be kind to yourself** - job hunting is hard work
- Remember your **past successes**
- Focus on “**when**” you’ll find work, **not “if”**

# 5

## Look After Your Health

- **Stay active** - even daily walks help reduce stress
- Try to **sleep and wake at regular times**
- Try simple **breathing exercises when feeling anxious**
- **Talk to a doctor or counsellor** if you're struggling
- Use **free support services** if things feel overwhelming
- **Taking care of yourself** helps with your job search

**This is a just a difficult  
time, not a reflection  
of who you are**

