

EMPOWERING PEOPLE.

BUILDING SKILLS.

CREATING OPPORTUNITY.

MANAGING ANXIETY DURING JOB SEARCHING

YOU'RE NOT ALONE.
IT'S NORMAL.
YOU CAN GET THROUGH IT.

Feeling anxious when job searching is normal. Uncertainty, rejection and pressure can feel overwhelming but with the right strategies, you can manage anxiety and stay focused on your goals.

FOCUS ON WHAT YOU CAN CONTROL

- ✓ My mindset
- ✓ My preparation
- ✓ My effort
- ✓ My future

BREATHE.
BELIEVE.
PREPARE.
PROGRESS.
YOU'VE GOT THIS.



WHY IT MATTERS

Anxiety can affect your confidence, motivation and decision making. Managing it helps you think more clearly, perform better and look after your mental wellbeing.

8 WAYS TO MANAGE ANXIETY DURING JOB SEARCHING



1. FOCUS ON WHAT YOU CAN CONTROL

- ✓ Focus on your effort, preparation and attitude.
- ✓ Let go of what you can't control, like outcomes.

Small steps build real progress.



2. PRACTISE CALMING TECHNIQUES

- ✓ Try deep breathing, grounding or meditation.
- ✓ Even a few minutes can help calm your mind.

Calm mind, clear thinking.



3. CREATE A PLAN AND ROUTINE

- ✓ Set a daily or weekly plan.
- ✓ Having structure reduces uncertainty and worry.

A plan gives you focus and direction.



4. CHALLENGE NEGATIVE THOUGHTS

- ✓ Notice anxious thoughts and challenge them.
- ✓ Replace them with positive, realistic ones.

Your thoughts don't define you.



5. PREPARE AND BUILD CONFIDENCE

- ✓ Preparation reduces fear of the unknown.
- ✓ Practice interviews and research roles.

Preparation builds confidence.



6. TAKE BREAKS AND LOOK AFTER YOURSELF

- ✓ Rest is productive.
- ✓ Exercise, eat well and get enough sleep.

Look after your body, calm your mind.



7. TALK TO SOMEONE

- ✓ Share how you feel with someone you trust.
- ✓ You don't have to go through it alone.

Talking helps lighten the load.



8. CELEBRATE SMALL WINS

- ✓ Every application, interview or step forward counts.
- ✓ Celebrate your progress, no matter how small.

Progress, not perfection.



IT'S OKAY TO FEEL THIS WAY

Rejection, doubt and worry are part of the journey. Be kind to yourself and remember—every step takes you closer to the right opportunity.

- ✓ You are doing your best.

- ✓ Better days are ahead.



YOU ARE CAPABLE.
YOU ARE WORTH IT.
YOU WILL SUCCEED.



REMEMBER

Anxiety is just a feeling, not a fact. Take it one day at a time. You are stronger than you think.



BREATHE. YOU'VE GOT THIS.
KEEP GOING.
YOUR FUTURE IS WORTH IT.



NEED HELP OR WANT TO LEARN MORE?

We can help you build your confidence and wellbeing with our resources, guidance and training. Get in touch with Drae & Dre Collective CIC for support.



VISIT OUR WEBSITE
www.draeanddre.com



BETTER WELLBEING
BETTER YOU
BETTER OPPORTUNITIES