



7 Ways to Live Long and Prosper While Job Searching



By [Arnie Fertig](#) March 3, 2015 |

How to stay positive during a long and frustrating job hunt.

Like Star Trek's Spock, be logical when you struggle in your job search. Create a daily routine, take care of yourself and consider career counseling.

You don't need to be a hardcore Star Trek fan to be familiar with the "live long, and prosper" blessing, ever associated with Leonard Nimoy's character, Spock. As much as you might aspire to the optimism that underlies Spock's words, the reality is that if you are in the midst of a difficult job search, it is hard to summon that positivity.

Whether you are working or unemployed while searching for your next position, the simple fact is that the frustrations that led you to initiate your job search, along with the additional ones you experience in its midst, can make you wonder if you will ever find prosperity.

Unemployment is frequently associated with depression, and being employed in a difficult or hostile environment can also impact your overall state of mind. For example, you might feel frustrated that you have reached your limit in your current job and that there is no room for personal growth or professional advancement. You might be embittered by a poor experience with a boss or co-workers. Or you might be disenchanted with the overall direction your company is taking.

In order to keep an even keel and propel your job search forward toward the long, healthy and prosperous life you deserve, consider taking the following steps:

1. **Think of your job search as a process – not an event.** It is critically important to break your overall search into a series of strategic steps to take along the way. **Chances are you'll see an opening or two that really excite you early on in the search – and then they won't materialize.** Rather than crashing and burning, **understand that it's going to take some time.** Set short-term goals for updating your résumé, creating a LinkedIn profile, networking and so forth.

2. **Create a daily routine.** Write out what you will do with your day on your calendar, set alarms and **keep your activities varied.** Plan what you will be doing in 30 or 60-minute segments. Budget time to get up from your desk, if you are the kind of person who is glued to your computer screen, and time to sit down at your desk if you are always finding things to distract you from the work you must do at your computer. Only you can figure out how best to allocate your time, but failure to gain control of your own calendar can lead to endless frustrations later on for all the things you didn't accomplish over the course of the last day, week or month.

3. **Get out of your house at least once or twice a week.** **Identify professional organizations, Meetup.com events, networking groups and other gathering that exist in your community.** Put these events on your calendar, and **make it a priority to keep up with professionals in your field,** make new acquaintances to expand your network, **conduct informational interviews** and so forth.

4. **Exercise.** It's a well-established fact that even moderate exercise a few times a week can do wonders for your mood. Walk, bike, go to the gym or get involved in any kind of sports.

5. **Volunteer.** **Devote some of your time to something larger than yourself** and your own woes. The numbers of ways you can make a difference are virtually unlimited. Organizations of all kinds are always looking for those who share their vision and purpose to contribute their time and talents.

When you see your work benefit people or causes you care about, you gain a greater sense of purpose. Depending on what role you take, **you may find yourself making new contacts and friendships that can – with a certain amount of serendipity – help your job hunt.** And, if you use your professional skills in a nonprofit setting, it is more than reasonable to tell that story on your résumé.

6. **Beware of revealing the wrong things to the wrong people.** It's easy to become so frustrated with your circumstances that you just want to vent to anyone who you can get to listen. **Don't overload casual acquaintances with the details of your woes** and expect that they can or will be able to do anything to help. Instead, they may flee before you. **Rather than focusing on the negative, create a message that speaks to what value you can bring to your next employer.** And whenever possible, **be future-oriented rather than past-oriented.**

7. **Consider career counseling.** Give yourself permission to honestly address what's holding you back. Depending on your particular situation, you might benefit from a few sessions with a career counselor or coach or mental health professional. Be aware of the signs of clinical depression, and don't hesitate to talk with your physician about ways to help to even your mood and allow you to be both happier and more productive. Lastly, keep in mind Leonard Nimoy's final tweet: "A life is like a garden. Perfect moments can be had, but not preserved, except in memory. LLAP" Happy hunting!

Arnie Fertig, MPA, is passionate about helping his Jobhuntercoach clients advance their careers by transforming frantic "I'll apply to anything" searches into focused hunts for "great fit" opportunities. He brings to each client the extensive knowledge he gained when working in HR staffing and managing his boutique recruiting firm.