



Maricopa County Human Services Department

News Release

Workforce Development

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FOR IMMEDIATE RELEASE

JOB SEARCH BURNOUT

Looking for employment is like having a full-time job. As in an employed position, you complete a set of structured activities, outline goals and work hard to achieve an end result. During this time, it's perfectly understandable to become physically exhausted, lose motivation, and become frustrated with your job search. It's also not uncommon for career seekers who are actively engaged in a job search to experience a bout of burnout during this period.

How do you know if you're burned out? Below are several signs to help you recognize job search burnout:

- fatigue
- feeling overwhelmed or powerless
- frustration
- anxiety attacks
- weight gain
- teeth grinding
- insomnia
- forgetfulness
- inability to concentrate

What can you do to overcome your job search burnout? Here are several tips to help alleviate.

Take a break. It is perfectly acceptable to take a vacation from your job search. Whether you take the week off or cut your job search schedule down to part-time for a week, a little time off will leave you feeling refreshed and renewed.



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Involve others. Visit the Maricopa Workforce Connections Career Center located at 735 N. Gilbert Road. At the Center you'll find an array of complimentary career development services, assessments, workshops, and job fairs. In addition, the Center is the hub for a multitude of job search activities and information that you will want to have at your disposal, it also offers networking opportunities and a peer supportive environment. Get re-inspired to get hired!

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