

You have just looked at what seems like the millionth job listing online today, and your eyeballs are about to fall out onto the desk. You are not alone. The stresses of job searching aren't usually talked about, but they are very real. Most people are aware of the stress of starting a new job, but for those of us still searching for a job, that kind of stress seems like a pretty high-class problem.

Financial Stress

Of course, the most basic stress associated with job searching is the one that affects your checkbook. You may have savings to dip into during times of unemployment or your last employer may have given you a generous severance package. Nevertheless, there is an end to those funds in sight. And for many people, unemployment catches them without anything to fall back on, leaving them with unpaid bills and financial demands they can't meet.

No matter what your situation looks like, try to remember that you are not alone. You may have friends and family to turn to for help. There are also social service organizations that can offer you some relief until you get back on your feet. Most of all don't get down on yourself because you are going through a rough time.

Physical Stress

Often, the effects of being unemployed and sitting for hours at a computer or driving around all day to interviews can reveal themselves physically. Job-hunting really does show up in your physical health. Many people experience back pain, headaches, or changes in appetite or sleep patterns. These are normal symptoms of stress, but they can be alleviated.

Try increasing the amount of exercise you get right now. Be sure you don't spend too long at the computer without a break. Go for walks. Get together with friends and family for meals. Try to watch what you eat. Binging on sugar will only cause more physical stress and lessen your quality of sleep.

Emotional Stress

Both of these areas are linked to your emotional well-being. Looking for a job, even if you are still employed, puts your self-confidence and your peace of mind to the test. This is not the time to make any other big changes in your life if you can help it. Be sure you talk to people about your feelings. And take advantage of chat groups online that are full of other job seekers just like you. Overall, don't forget to give yourself a break now and then. Play a little, and be kind to yourself. Your emotional health is the key to your stability and your stamina.