

How To Avoid Burnout During SJS

About your job search

Most people have to search for and apply to many jobs before finding something. This is normal, and you should expect it.

How many jobs do you need to apply for?

After 100 job applications with follow-ups, you will probably know how well your job search is working.

What to do when you start feeling burned out

It is hard to keep trying when you feel like you are not having any success, but there are things that you can do to make it easier and advance yourself while you are looking. Here are some suggestions for how to proceed:

- **Take a break!** Move around. Get away from your computer. Get away from screens. Stretch. Look at the sky and some trees. Go outside. Get some fresh air. Take a deep breath, meditate, journal how you are feeling, or just stare at a wall and zone out.
- Research and attend **networking or professional development events** online or in your local area
- Reach out through your network and seek out individuals in roles you are interested in, and request an **informational interview**
- Find a **mentor** (↑)
- Develop your **LinkedIn** profile and request connections
- Earn LinkedIn **certifications** or other targeted learning goals
- Watch **Skillsoft** courses related to your job goal
- **Practice touch typing** until you reach your WPM goal
- Make a **Google Slides presentation** about your dream job or workplace (use it like a vision board)