

The Career Insider

BY JENNIFER RALLIS

*The first step to landing a job this month
– beat the February Blues*

Jen Rallis is co-author of Ugly Resumes Get Jobs and Other Fishing Lessons. For the past ten years she has worked as a recruitment consultant in Canada and the United States and founded her own recruiting business, CORPX. She has appeared on radio and television offering valuable job hunting advice. To learn more, visit www.jenrallis.com.



With the long, cold, dark days of February upon us and the warmth of spring weeks away, it isn't surprising that many of us will feel blue this month. If, however, you are jobless in Windsor with its whopping unemployment rate of nearly 10 per cent, the February Blues may seem endless.

This month, I challenge each job seeker to approach their job search with a positive attitude. Feeling depressed, angry, hopeless and frustrated are a normal part of the searching for employment. These feelings; however, can hinder your success and will overshadow your stellar resume, new suit, polished shoes and glowing letters of reference.

For many of us, overcoming these feelings requires simple adjustments:

- First, believe that you can find a job. Despite the daunting unemployment statistics and negative economic news reports, there are still jobs available.
- Let go of the past. Stop dwelling about your lay-off, company closure or the fact that your job was shipped overseas. These thoughts are counter-productive and do not help you find a job.
- Don't let your job search consume you. Take time each day to go for a walk, cook supper, or visit with a friend.
- Change your strategy. Evaluate your current job search strategy. Do more of the things that are working for you and stop wasting your time on things that are not producing any job leads.
- Don't take it personal. Companies hire individuals based on business needs. Don't take a company's lack of response or rejection

personally; they simply do not require someone with your skills at the present time.

- Be social. Speaking to family, friends and neighbors is not only a good way to lift your spirits, but networking is still the number one way to find a job. You never know who holds the key to your next job.
- Relax. When you feel overwhelmed with all your bills, unreturned phone calls from recruiters and feel that you have exhausted every possible job lead – take a break and relax. Go for a walk, have a hot bath or practice yoga.

For some people these simple steps may not be enough to overcome the negative feelings that accompany joblessness.

Registered Clinical Social Worker, Yvonne Vandebovenkamp of Vandebovenkamp and Associates on Ottawa Street, says that "job loss is a huge challenge that is overwhelming. It is easy to fall into a depression or develop a dependency on a substance."

If you or someone you love shows signs of feeling deeply sad or unmotivated for weeks to months, and has reoccurring thoughts of death or suicide, then this is the time to seek medical / psychiatric help. Vandebovenkamp warns that all comments and threats of suicide should be taken seriously and never ignored. Help can be found at your family doctor's office, the emergency department at Hotel Dieu Grace Hospital, the Crisis Center 519-973-4435 or 911 for those who are actively suicidal.

IN

\$362,644,542.11*

***Amount of money we are saving Canadians as of January 25, 2010**

As a full financial-services company, we offer a debt-elimination program, insurance, investments and financial planning. You have plugged into a proven system that allows you to follow a plan, securing all your financial needs and providing the lifestyle and peace of mind you deserve.

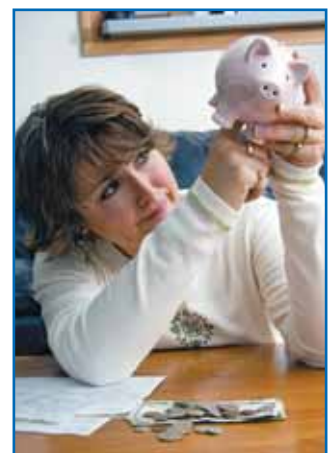
At Debt Freedom Financial Services, we provide an educational resource for Canadians, showing them how to proactively manage personal debt, offering them a proven path to the ultimate elimination of their debt, and ensuring all of their financial needs are taken care of for years to come.



**As a result of expansion please call our office
regarding full time positions as associates.**

4559 Tecumseh Rd. E., Windsor, ON N8W 1K6
519-254-6960 519-969-7160 Fax

www.debtfreedom.ca



**Eliminate Debt
Build Wealth
Live Life™**