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## Being Jobless Doesn't Indicate a Loser, So Don't Act Like One

We often lose good working habits and self-discipline when out of work for extended periods of time. The situation has become only too common under the recession and there is little past literature or research to provide guidance to those who go jobless for unexpectedly long times. While time is the best healer for most human situations, in the case of joblessness, time causes the greatest injury.

The longer you are out of work, the harder it is to cling to your self-esteem, your confidence, and your energy. A long period of joblessness on your resume is a great concern, and you need to justify it to any prospective employer. However, the recession is justification enough in most cases. The real concern is to deal with your own self, to fight off depression, keep fruitfully engaged, continue being balanced in social interaction, and convince yourself to remain positive and keep up hope.

Few good families break up for material concerns, but irresponsible reactions urged by self-deprecation quickly break down family relationships and cause jobless persons to slide further into despair and depression. When you are jobless for a long time, the first things to watch out for are your social reactions. Do not let your social reactions in regular situations be different from that which you would have made when fruitfully employed. You have a right to be angry about the situation, but you have no right to take out your anger on others. However, the tragedy is that when jobless, most of us take out our anger on those who love and support us the most. Your family and friends are not responsible for your loss of job and driving them away is not going to help your situation one whit. The best you can do under situations of extended joblessness is to modulate your behavior in a manner so that those near and dear to you remain convinced that you are the most charming companion they can conceive of. When **out of job**, you need all the more to win the hearts of others and not lose them.

That said, the concern of getting back to a workspace after a long time is one that needs to be carefully tackled. In order to be in shape you need to engage yourself in activities that keep you in shape during periods of joblessness. Networking with others in the same occupation is a must, as updating yourself on the latest situations, technologies and trends of work in your occupation.

If you enter even the same office where you used to work after a long time, you would find that things and workflows have changed. Your period of being jobless will be no excuse for falling behind once you are able to **secure a job**, and to keep in step with new workflows, you need to keep yourself in shape even while jobless. If nothing else, find freelance work, or even free



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voluntary work in related fields to keep in shape. Money is a part of life, a very essential part, but solving problems and achieving targets provide food for the mind and character. If you can find a way of engaging yourself in relevant work, do so, even if there is very little or no money to be had.

When you are jobless, it is the best time to go over your accomplishments in life, and your achievements made at every stage to this day. Remember that you have got the genes of a survivor and winner, otherwise you would not be alive today. The fact of your existence proves beyond doubt that you possess genes that managed to survive through the millennia of animal and human history and kept reproducing and being carried forward through generations. We are rarely aware of the true power we hold within ourselves. We overlook the fact that while many genes have been wiped off the earth and have become extinct through war, diseases, and other calamities, the genes which power us have survived up to the present time, and that within each of us we hold the powers of a proven winner in the evolutionary struggle.