

Mental Health & Your Job Search

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We have been through a lot over the past few years. The Pandemic affected us all in various ways and shed light on the importance of mental health. It was during this time that mental health seemed to catapult onto everyone's radar and taking care of ourselves, as well as each other, became a resounding priority. Knowing this, I encourage you to keep your mental health in mind while conducting your job search.

A job loss and corresponding job search can be a stressful experience as we define so much of ourselves by the work we do. **Yet, if we can find ways to incorporate self-care while searching for the next *right* opportunity for ourselves, it will only aid positively in our overall experience.**

Ways to Incorporate Self Care into Your Daily Routine

Any activity that allows you to zoom out of the stress and take a moment to catch your breath is worth doing. Most importantly, you are worth it, so please consider incorporating time for yourself while tackling your job search.

- **Meditate.** Make time to do this for a little while each day.
- **Get Outside.** Take Advantage of nice weather and a change of scenery.
- **Walk.** Use this as a way to get some exercise.
- **Connect:** Call a friend you've been meaning to catch up with.