



## **Creating a Job Search Self-Care Plan**

A guide for increasing your stamina and resilience

Self-care is essential to your job transition. It fuels your efforts to recreate your career, giving you energy and strength. The goal of self-care is to cultivate internal resourcefulness---no matter what's happening in the world around you. Self-care starts with taking stock of your situation and your energy-levels.

### **Reflection**

What activities do you enjoy that nourish your body, mind, spirit, and soul? Time with loved ones, nature, movement, breathing, etc.

What are the current sources of positive feelings in your life?

How would you like to feel---ideally---as you connect with people about work?

What are the sources of negative emotions in your life?

What activities do you find depleting, stressful, and discouraging i.e. not sleeping enough, social media, news, and isolation.

## **Make a plan**

What would you like to stop doing or cut out of your life so you feel less depleted and more resourceful?

What nourishing activities would you like to begin doing (again)?

How often would you like to do those activities?

How would you like to remind yourself to take these self-care actions?

Is there anything else you'd like to do in order to practice self-care and increase your resilience?

The one thing people who love their lives do the same is they all have daily success habits. You're more likely to succeed if you share your plan with someone who will encourage you and hold you accountable. Also keep a daily log to remind you of your choices and keep track of how often you take action.