

"Other" Helpful Hints

Mental

1. If you find that you are having many more bad days than good, and feelings of hopelessness, overwhelmed, consider seeking the help of a professional. Don't wait until it is too late.
2. If feelings of self-doubt are chipping away at your self-confidence, "fake-it-till-you-make-it". That is, consider thinking of yourself as playing the "role" of a successful job seeker, as if you are in a play. The more you practice your "role" of the confident, successful job seeker, the easier you will assume that role, until it is no longer a role.
3. When encountering rough waters in your life, ask yourself, "What lesson(s) am I supposed to be learning, from this experience?" As difficult as it is when you are experiencing a tough time, try to learn something new.
4. Leave no stone unturned. If you have always wanted to be a (fill in the blank), then call a practicing (fill in the blank) and ask them if you can follow them around for a day to see what their work life is all about. It will give you a clear, realistic picture of what they do and will either validate the fact that you wish to pursue the idea further, or it will clearly tell you that is a path you do not wish to go down. Be open to both conclusions.
5. Follow **your** dreams. Take ownership of your dreams. Just make sure that they are your dreams and not the dreams of your spouse, your parents, your siblings or any other person in your life. Successful people follow their **own** dreams.

Emotional

1. Be mindful of your emotional needs. Don't ignore any warning signs.
2. Be kind to yourself as well as to others.
3. Manage your expectations- you are going to have good days and bad days. Expect a few extended trips through the Valley of Darkness prior to reaching the Promised Land. "Be not afraid, I go before you always ... "

Physical

1. Arrange to get a physical exam, make a dental appointment and an eye appointment. Take care of your body so you can be in top shape during this critical period of change and growth.