

JOB & INTERNSHIP SEARCH

Mental Health & Careers

Thinking about your career path can be difficult. What are you doing to prepare your mind for navigating your career? Implementing mental health practices and practicing self care can make or break your experience while trying to achieve professional success.

//// Tips



Be Prepared. Prepare your mind for navigating your career. Implementing mental health practices and practicing self care can make or break your experience while trying to achieve professional success.

Deep Breaths. Take deep breaths. Practice mindfulness. Take breaks. Stay hydrated. Get enough sleep.

Do Your Research. Ask for advice. Read up on the industry. Network. Stay informed. Keep your skills sharp.

Exercise. Physical activity can help reduce stress and improve focus. Try yoga, walking, or running. Take breaks to stretch.

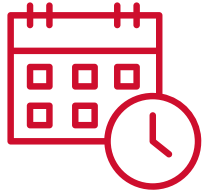
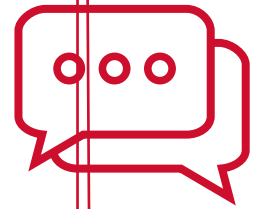
Mentorship. Be open to advice. Find a mentor. Ask for feedback. Stay humble. Take notes. Stay motivated.



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Counseling. Be open to seeing a counselor. See a counselor if you're struggling with your mental health. It's not a sign of weakness. It's a sign of strength. It's a sign that you're taking care of yourself.



Take Your Time. Take your time to find a job or internship. It's okay to take a break. It's okay to take a step back. It's okay to take a moment to breathe. It's okay to take a day to think. It's okay to take a week to decide. It's okay to take a month to plan. It's okay to take a year to grow. It's okay to take a lifetime to live.

Find Something You Love To Do. Do something that makes you happy. Do something that makes you feel good. Do something that makes you feel like you're making a difference. Do something that makes you feel like you're part of a team. Do something that makes you feel like you're part of a community. Do something that makes you feel like you're part of a world.

