

4 WAYS TO DE-STRESS DURING YOUR JOB SEARCH



GET ACTIVE

Hit the gym or just get out of the house and be active for 30 minutes. Exercising releases hormones that can combat stress and mood swings.



LEARN A HOBBY

You don't have to sweat to destress. Focus excess energy on a creative outlet and recharge your mind with a cathartic pastime.



TAKE A BREATH

Give yourself a break from your job search. The process can be long and arduous. You can't effectively search for a job 24/7.



FIND SUPPORT

Research local job search support groups or find a friend to lend support. Often, talking to others in the same situation can help alleviate stress.