|  |  |  |
| --- | --- | --- |
| Maintain a Routine  * **Structure your day –** Set regular times for waking up, going to sleep, meals, exercise, and job search activities. This will create a sense of normalcy and reduce stress. * **Schedule self-care –** Make time for activities you enjoy, like hobbies, spending time with loved ones, or relaxing in nature. | | Stay Connected  * **Talk to friends and family –** Having a strong support system can be invaluable during a stressful time. Let them know what you're going through and how they can help. * **Join a support group –** Many organizations offer support groups. Connect with others who understand your challenges and can offer advice and encouragement. |
| Manage Stress  * **Practice relaxation –** Deep breathing, meditation, and yoga can all help reduce stress. * **Exercise regularly –** Physical activity improves your mood and boosts your energy levels. * **Limit caffeine and alcohol –** Substances can worsen anxiety and sleep problems. * **Challenge negative thoughts –** Pay attention to self-talk; replace negative thoughts with realistic and positive ones. | | |
| Be Inspired  * **Use Peak Energy Time** – Schedule job search tasks for part of the days when you feel most focused and productive. * **Measure Progress** – Set goals & track them! Celebrate milestones and use a fun system (e.g., a colorful bullet journal). * **Encourage Yourself** – Set up small and larger rewards for reaching big and small goals, to stay motivated. * **Find Cheerleaders** – Identify people to support you through setbacks and celebrate your efforts with them. | | |
| Monitor Mental Health Symptoms Recognize that changes in sleep patterns, mood swings, loss of interest, changes in appetite, social withdrawal, changes in concentration, fatigue, headaches, and other factors related to the job search process and chronic stress may bring on or exacerbate previously existing symptoms and identify coping strategies ahead of time.   * Create a mental wellness plan (suggested example: <https://dmh.mo.gov/media/pdf/wrap-work-recovery-work>). * Include a crisis plan and notify the support system of your plan. | | |
| Emotional On-going Support Ideal when you're feeling stressed, anxious, lonely, or need someone to talk to. Warmline volunteers and professionals offer emotional support and a listening ear in a non-judgmental space. Warmlines provide support and resources, but they are not designed to support immediate crisis intervention. | | |
| [NAMI HelpLine](https://www.nami.org/help) 1-800-950-NAMI (6264)  Text "HELPLINE" to 62640  Go to NAMI.org/help to chat with a specialist!  [Warmline.org](https://warmline.org/warmdir.html#directory) to find warmline professionals  [OkaySo.org](https://okayso.org) for young adults. | MindApps.org database from Harvard includes apps to manage and support mental health.  [Job Accommodation Network (Askjan.org)](https://askjan.org/) provides free resources on requesting accommodations in the workplace for people with disabilities. | |
| Seek Professional or Other Help A professional, such as a therapist, can provide you with strategies for managing stress, anxiety, depression, and more. [How to Seek Help?](https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Young-Adults/How-to-Seek-Help) Options:   * [Findtreatment.gov](https://findtreatment.gov) * [Office of Mental Health Program Directory](https://my.omh.ny.gov/analytics/saw.dll?dashboard) (omh.ny.gov) * [County Mental Health Single Point of Access Coordinator & Local Mental Hygiene Departments](https://www.clmhd.org/contact_local_mental_hygiene_departments/) (clmhd.org) * [Findhelp.org](https://www.findhelp.org/) free or reduced-cost resources like food, housing, financial assistance, health care, and more * [211.org](https://www.211.org/) connects you to expert caring help. Every call is confidential. | | |
| Available Local Organizations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| While Waiting for Therapy to Begin  * **Schedule an appointment with your doctor** – Discuss symptoms with your doctor to rule out medical causes. * **Practice bibliotherapy** – Read self-help books on managing anxiety, depression, etc. * **Use Counselling Tools & Apps** – Download a phone app with tools for managing mental health. Suggested examples: MindApps.org | [ACT Companion App](https://drive.google.com/file/d/16yNzkL1etxhNNBURlpZ4jcK6_box70Kw/view). * **Engage in Mentorship** – Find a mentor for guidance and support. * **Join Support/Social Groups** – Join a support group or recreational activity group focused on your interests. Examples: [NAMI naminys.org](https://naminys.org/about-nami-new-york-state/nami-affiliates-in-new-york/) |Programs offered through health insurance. | | |
| Crisis Help Ideal if you're experiencing a mental health crisis, feeling overwhelmed, unsafe, or have thoughts of suicide, a crisis hotline is the best resource. Trained counselors are available 24/7 to provide immediate support, intervention, and resources to help you navigate the crisis.  [988lifeline.org](https://988lifeline.org/) – Call, text, or chat for 24/7 support: 988  [Domestic Violence Hotline.org](https://www.thehotline.org/) – Call 1-800-799-SAFE (7233), Chat, Text “START” to 88788 | | |

## Taking care of your mental health is an investment in your overall well-being and your success in your job search and career.

## You got this!

This sheet includes helpful suggestions only. Please work with licensed professionals, if needed.