# Self-Care When Job Searching

Caring for Your Mental Well-Being

Tend to your mind when job searching by practicing [mindfulness](https://www.google.com/search?q=mindfulness+definition&rlz=1C1GEWG_enCA972CA972&oq=mindfulness+defi&aqs=chrome.0.0i433i512j69i57j0i512l8.3680j1j7&sourceid=chrome&ie=UTF-8) and learning continuously about your internal rhythm. If you feel tired after interview, plan to do an activity you enjoy after your next interview.

Caring for Your Emotional Well-Being

Stay in touch and fully engage with your emotions. If you are upset after not getting the job you wanted, allow time for yourself to be upset. If you are feeling nervous about a job interview or returning a call to a potential employer, talk to your CCRW Employment Facilitator or someone you trust.

Caring for Your Physical Well-Being

Applying for jobs everyday and going on interviews involves taking care of your physical self too. It is important to get enough sleep, your body needs to recover from all the work it is doing processing the potential work opportunities. Eating well and eating healthy will also help your body have enough energy when you are going on interviews or to apply in-person. It is also important to take a break from screens and applying online.

Caring for Your Social Well-Being

When you are applying for jobs and going to interviews, it is important to have a support network. Human beings depend on human connection, even though it looks different for everyone. Celebrate the highs and reflect on the lows of job searching with someone you trust. We also have a great team of Employment Facilitators at CCRW who are always eager to support job seekers with disabilities find inclusive opportunities.