

# Dr. ck's Top 10 Stress Busters for Job Hunters

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Boost your job search productivity by keeping your stress levels in check. The 3-Point Stress Buster is an easy way to lower your stress level a notch. You can use my Top 10 stress busters throughout your job search to help you stay calm and focused.

<b>THE 3-POINT STRESS BUSTER</b>
<p><b>1. Relax Your Shoulders</b></p> <ul style="list-style-type: none"> <li>• Lower your shoulders</li> <li>• Make small circles with your shoulders</li> <li>• Lower your shoulders some more</li> </ul> <p><b>2. Take a Deep Breath</b></p> <ul style="list-style-type: none"> <li>• Take a slow deep breath in through your nose</li> <li>• As you sigh the air out through your mouth, tell yourself, "Let that tension go"</li> </ul> <p><b>3. Make Your Thoughts Positive</b></p> <ul style="list-style-type: none"> <li>• Mentally say "Stop" to stop the chain of negative thoughts</li> <li>• Think of something positive or at least neutral. For example, count to 10.</li> </ul>

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### 1. *Control your stress levels*

- Learn to recognize your signs of stress
- Become familiar with the signs that tell you when you are becoming stressed
- Scan your mind, body, and emotions throughout the day to identify when you are showing signs of chronic stress
- Take action to Stop the stress cycle
- Use Stress Busters and Relaxation techniques to Step into your Stress Free Zone

### 2. *Treat job hunting as your job*

- Recognize that job hunting is hard work
- Approach each day of your job search with the same effort and discipline as you would approach a day at a job

### 3. *Know where you are headed*

- Set and achieve realistic goals
- Have a small goal for each day of your job search
- Make sound decisions
- Respond to change effectively



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**4. Silence your inner critic**

- Improve your self-image
- Create a new self-image for your job search
- Recognize your negative self-talk
- Use positive self-talk and interpretations of situations

**5. Be good to yourself**

- Treat yourself as though you are worth a million dollars and you will come to believe that you are
- Reward yourself for your accomplishments

**6. Maintain your self-respect**

- Stick up for yourself when you are faced with criticism from others
- Communicate assertively
- Maintain your self-respect
- Expect people to treat you with respect during your job search

**7. Take care of your body**

- Use relaxation, get enough sleep, eat healthy food, and stay active to improve your energy level and focus

**8. Remember your strengths**

- Focus on your strengths instead of weaknesses
- Stop self-criticism
- Remind yourself about your accomplishments

**9. Value and control your time**

- Establish an written, structured daily routine for your job search
- Respect your time and schedule activities in a way that encourages others to respect your time as well

**10. Have someone on your side**

- Improve your personal support system. Include friends, family, and people in the community, in addition to your job search network
- Communicate your needs to people in your life

**Start afresh each day!**

*Put negative and stress-provoking situations behind you*

- Replaying the situation prolongs the stress associated with it.
- Put the situation behind you and stop thinking about it.
- Allow yourself to learn
- Be flexible
- Take changes slowly
- Believe in yourself



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