Dr. ck’s Top 10 Stress Busters for Job Hunters

Carla-Krystin Andrade, PhD, PT

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.

<table>
<thead>
<tr>
<th>THE 3-POINT STRESS BUSTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Relax Your Shoulders</td>
</tr>
<tr>
<td>• Lower your shoulders</td>
</tr>
<tr>
<td>• Make small circles with your shoulders</td>
</tr>
<tr>
<td>• Lower your shoulders some more</td>
</tr>
<tr>
<td>2. Take a Deep Breath</td>
</tr>
<tr>
<td>• Take a slow deep breath in through your nose</td>
</tr>
<tr>
<td>• As you sigh the air out through your mouth, tell yourself, &quot;Let that tension go&quot;</td>
</tr>
<tr>
<td>3. Make Your Thoughts Positive</td>
</tr>
<tr>
<td>• Mentally say “Stop” to stop the chain of negative thoughts</td>
</tr>
<tr>
<td>• Think of something positive or at least neutral. For example, count to 10.</td>
</tr>
</tbody>
</table>

Dr. ck’s Top 10 Stress Busters for Job Hunters

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

*Adapted from “Kick Start Your Job Search, Now!” Copyright Dr. Carla-Krystin Andrade 2010. All Rights Reserved. Email askdrck@stressfreezone.com for permission to reproduce.*
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

---

*Adapted from "Kick Start Your Job Search, Now!" Copyright Dr. Carla-Krystin Andrade 2010. All Rights Reserved. Email askdrck@stressfreezone.com for permission to reproduce.*