



# Focus on Your Future, But Don't Forget Your Health

Losing a job can feel overwhelming, but remember, your well-being is just as important as finding your next opportunity. Taking small steps to prioritize your mental, emotional, and physical health can help you through this transition. Here are some tips to support yourself during this time:

## 1. ACKNOWLEDGE YOUR FEELINGS

- It's normal to feel a mix of emotions—sadness, frustration, or even relief. Give yourself permission to feel whatever you're feeling.
- Don't hesitate to reach out to friends, family, pastor, or a therapist if you need to talk.

## 2. CREATE A ROUTINE

- Structure your day to include time for job searching, but also for self-care. A routine can provide a sense of normalcy.
- Include regular breaks, time for exercise, and moments of relaxation.

## 3. STAY ACTIVE

- Physical activity can boost your mood and help relieve stress. Even a short walk every day can make a difference.
- Explore free or low-cost online workout resources to stay active at home.

## 4. FOCUS ON NUTRITION

- Eating healthy meals can improve your energy levels and mental clarity.
- Make sure to drink plenty of water and avoid too much caffeine or alcohol, which can affect mood.

## 5. PRACTICE SELF-COMPASSION

- Losing a job is not a reflection of your worth. Be kind to yourself during this challenging time.
- Celebrate small wins, whether it's a good job application or a new skill you're learning.

## 6. STAY CONNECTED

- Social isolation can worsen feelings of stress and anxiety. Stay in touch with friends, family, and colleagues, even if just for a chat.
- Join online groups or communities related to your career field or interests for additional support.

## 7. SEEK PROFESSIONAL HELP IF NEEDED

- If you're feeling overwhelmed, it might help to speak with a mental health professional. Therapy, counseling, or even support groups can offer valuable support.

## 8. BE PATIENT WITH YOURSELF

- Finding a new job can take time. Give yourself credit for the effort you're putting into the process.
- Take breaks when needed and focus on your personal well-being in the meantime.

## RESOURCES TO EXPLORE:

- **Mental Health Support:** [National Helpline 1-800-662-HELP]
- **Job Search Support:** See the Northeast Ohio Madison Conference Job Seeker Resource Groups flyer for these resources
- **Wellness Apps:** [Headspace, Calm, MyFitnessPal]

You are not alone on this journey. It's okay to take your time, and your mental and emotional health should always be a priority.