

JOB & INTERNSHIP SEARCH

Mental Health & Careers

Thinking about your career path can be difficult. What are you doing to prepare your mind for navigating your career? Implementing mental health practices and practicing self care can make or break your experience while trying to achieve professional success.

//// Tips



Be Prepared. Prepare your mind for navigating your career. Implementing mental health practices and practicing self care can make or break your experience while trying to achieve professional success.

Deep Breaths. Take deep breaths. Practice mindfulness. Take breaks. Stay hydrated. Get enough sleep.

Do Your Research. Ask for advice. Research the company. Read reviews. Talk to current employees.

Exercise. Practice yoga. Go for a walk. Run. Take a bike ride. Get some fresh air.

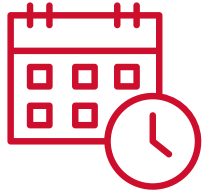
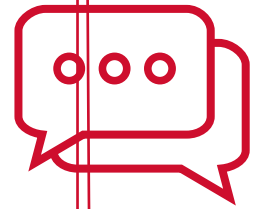
Mentorship. Be open to advice. Find a mentor. Ask for feedback. Take notes. Stay motivated.



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Counseling. Be open to seeing a counselor. See a counselor if you're struggling with your mental health. It's important to get help when you need it. You can find a counselor through your school or a local mental health center.



Take Your Time. Take your time to find a job or internship. It's okay to take a break or to take a gap year. You can use this time to explore different careers, gain experience, or take care of your mental health. Don't feel like you have to rush into a job or internship. It's important to find a job or internship that is a good fit for you.

Find Something You Love To Do. Do something that you love to do. Find a job or internship that is interesting and that you enjoy. It's important to find a job or internship that is a good fit for you. You can find a job or internship that is a good fit for you by looking for jobs or internships that interest you. You can also ask for advice from people who are already working in the field you're interested in. Be open to trying new things.

