

# EMPLOYMENT

## The Business Case for a Healthy Job Search



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Let's face it, the job search process can be stressful and full of anxiety. And as you confront one of the most difficult challenges of your life, getting or staying healthy is a requirement, not an option.

Health and wellness consists of all of the energy you expend to help your body and mind perform at optimal levels. Each of us is in charge of the care and maintenance of our body and our own mental attitude. When you face unemployment, more than at any other time, it is vitally important to address the wellness of your mind and body.

Keeping yourself healthy, fit, and positive is just as important, or maybe more so, as having an outstanding resume and knowing the ins and outs of using LinkedIn and Monster.com.

Many job seekers focus solely on the mechanics of the job search and forget or ignore the need to take care of the most important component, their health! They want to stay at the top of their game and present themselves to future employers by

### Family communication

Job seekers and their family members benefit greatly from formal weekly meetings, or meetings to talk about the job search. These discussions keep feelings out in the open, enlist everyone's support, and give partners, especially, a sense of inclusion.

### Leisure

Job searching can be tedious, hard work and requires welcome breaks and opportunities for recharging. The job search is a 40-hour-a-week "job" not 24/7. Don't isolate yourself. Identify activities that you want to begin or that you have been putting off due to your busy work schedule. It will keep you active and ensure that you are engaged with others.

### Diet

The foods you eat can make a difference in how you feel during your job search. Cut back on your consumption of caffeinated beverages, sugar, salt, and foods with high cholesterol levels. You need to take the best care of yourself possible. You do not want to significantly gain or lose weight during this time. Presenting yourself in a positive way to a potential employer is as critical to your success as having the necessary experience and education.

### Physical exercise

Physical exercise is a great way to eliminate stress and prevent illness. Develop an exercise plan, join a health club, or start a walking regimen. A basic exercise program should include 30 minutes of aerobic activity three or four times a week. Consult with your doctor before beginning any exercise program.

### Relaxation

Research shows that we can control many bodily systems and reactions once thought to be involuntary, such as heart rate, muscle tension, and your respiratory rate. Relaxation can help you gain control over the nervousness and tension that you are likely to experience in your job search. Dedicate 10 minutes each day to relaxing, mediating, or just visualizing a beautiful scene.



This is sound advice for any time in your life, according to Henry S. Lodge, M.D., co-author of "Younger Next Year." Dr. Lodge believes the brain and body are not designed for a sedentary lifestyle but for life in nature, hunting and foraging. It is all about survival of the fittest. You are in the hunt! Being sedentary and withdrawing from social contact is not a good business case for a successful job search.

Make a positive lifestyle change that focuses on health and well-being. After all, your success, to a great degree, depends on your energy level and your ability to handle stress and anxiety.

Although you are on the job-search "roller-coaster," you can still be at your best. Take self healthcare responsibility starting with these few simple steps:

- Make a commitment to your health.
- Develop options to improve your health.
- Take action; just do it!

The job-search process does not and should not be a cold and lonely process. If you are feeling overwhelmed, seek resources, talk to a healthcare professional, or buddy-up. There are many networking and social events in the local community where you can meet people and share. People, in general, are willing to assist others. Be prepared and willing to ask for assistance.

### Useful sites:

- Wellness & Health: [www.wellness.com](http://www.wellness.com)
- United States Department of Health & Human Services: [www.healthfinder.gov/](http://www.healthfinder.gov/)
- Real Age: [www.realage.com](http://www.realage.com)

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expressing confidence, strength, enthusiasm, and energy. A big part of the competitive edge is being able to deal with job search stress and maintaining a healthy life style during a difficult time.

Job search stress is very real and is further compounded by a feeling that "I have no control." Take control of what you can control! You can control how you approach the process and how you treat yourself. A few simple guidelines to strive for balance and lay a foundation for a sound and healthy job search include: