

Job searching can be stressful, especially when you're balancing coursework, applications, and uncertainty about the future.

Here are some job search self-care tips to help you stay motivated and mentally well.



SET REALISTIC GOALS AND BOUNDARIES

Break your job search into manageable tasks and set time limits to prevent burnout (e.g., 1-2 hours per day).



CELEBRATE SMALL WINS

Acknowledge every step forward: submitting an application, improving your resume, or making a new connection.



TAKE CARE OF YOUR MIND & BODY

Get enough sleep, eat well, and stay active to keep your energy up. Practice stress-relief activities like mindfulness or journaling.



STAY CONNECTED & ASK FOR SUPPORT

Job searching can feel isolating. Talk to friends, family, professors, or career advisors, and join networking events, career fairs, or LinkedIn groups to stay engaged.



DETACH YOUR WORTH FROM THE PROCESS

Rejections are not a reflection of your abilities, they're part of the process. Remind yourself that job searching is about finding the right fit, not just getting any job.



Get a digital version of the self-care log and ideas to inspire you at
career.uwo.ca

Job Search & Self-Care Log

Week of:

Job Search Goal(s) for the week:



If you're feeling overwhelmed, support is available through Wellness & Well-being.

Daily Log

DATE	JOB SEARCH ACTIVITIES	TIME SPENT	SELF-CARE PRACTICES	NOTES/ REFLECTIONS

Weekly Check-in

How did your job search go this week? What challenges did you face? What progress did you make?

How well did you prioritize self-care? What area needs more attention?

What is one thing you're proud of?

What is one self-care intention or boundary you want to set for next week?