



### **Self-Care: Beyond Buying**

Hi, I am Jillian and I am the employment counselor at Job Links. Something you might not expect an employment counselor to say in a meeting is to take time to relax and care for yourself but it is something that I say to clients all the time. Searching for a job can be stressful, even having a job can be stressful for different reasons. Self-care activities can help reduce stress, help concentration and increase our energy levels. Making sure we take some time out of each day to relax and care for ourselves is crucial to finding balance in our lives.

Self-Care seems to be a buzzword we often hear in advertisements and magazines, usually trying to get us to buy something extravagant or luxurious. Self-care is not just about spending money on fancy facemasks or expensive candles; it is about taking time to care for yourself and that can come in many forms. Below are a few ideas on how to include affordable self-care into your daily routine.

**Meditate:** Whether you sit down and simply focus on your breathing or listen to a guided meditation, 5 minutes of meditation can have a big impact on the rest of your day.

**Talk to a friend:** Socializing is an important part of keeping us connected to our community, make sure you find some time to talk or see your friends.

**Organize your space:** Whether it is your desk, your kitchen or your backyard, taking 5 minutes to tidy up a space can feel very rewarding and you will be able to focus on your tasks better moving forward.

**Dance party:** Put on your favorite music and move your body! Alone in the kitchen, with friends outside or with your family, just find some time to move your body and have fun!

**Make a warm drink:** Take some time to sip on your favorite tea, coffee or hot chocolate, but make sure to savor it, feel the heat of the mug on your hands, and smell your drink before you sip it slowly.

When life gets busy with work, family and social responsibilities it can be easy to forget that we need to take care of ourselves. We cannot be our best selves if we are not taken care of, so dance, breathe and make sure to schedule some cozy comfort time this winter!

## **WHO IS JOB LINKS?**

Job Links is a free Employment and Guidance Counselling Service. We can help you with your cv, job search, interview practice, help staying in school and work and making a decision about which career you would like. Contact us now for an in person or Zoom meeting with one of our qualified counsellors. To get the latest news from Job Links, visit our website <http://joblinks.etsb.qc.ca> or look us up on [Facebook @JobLinksServices](#).

For more information about Job Links:

Phone: 819-566-2422 ext. 0

E-mail: [joblinks@etsb.qc.ca](mailto:joblinks@etsb.qc.ca)

We look forward to helping you!

