

Job Search During Challenging Times

Resources for Your Search & Your Well-being

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Overview Tips

Personal

- Develop a “Wellness Strategy” - to create more calm and enhance productivity (see below) and read this post about stress: <https://peak-careers.com/stressed-out-i-know-i-am/>
- Create and follow a schedule everyday
- Pay attention to how much news/media you consume, as these will impact your state of mind
- Stay connected with friends and family (set up phone and video chat dates)

Professional

- Practice the 3 “Ps” in your job search: polite (kind/empathetic), patient and persistent
- Be flexible: consider all different options, including remote work (see below) for your next job
- Grow your skills: take an online course from Coursera, EdX, Udemy, LinkedIn Learning, etc.



Career Experts Share Resources During this Challenging Landscape

Guide to Coronavirus Pandemic Job Search

<https://job-hunt.org/coronavirus/covid19-job-search.shtml>

Networking Virtually, Tips for the New Normal, Hannah Morgan

<https://www.linkedin.com/pulse/networking-virtuallytips-new-normal-hannah-morgan/>

Things Career Related – good all-around job search resources

<https://thingscareerrelated.com/>

Temporary & Remote Jobs

Want to work from home? Here's how to land one, by Kathy Robinson

<https://www.turningpointboston.com/find-work-from-home-jobs/>

Find Remote Work-From-Home Jobs Near You

<https://www.flexjobs.com/blog/post/find-work-from-home-jobs-near-me/>

How to Job Search Effectively for Remote Jobs

<https://job-hunt.org/coronavirus/remote-job-search.shtml>

Temporary & Remote Jobs (cont.)

The 18 Best Remote Job Boards in 2020

<https://careersidekick.com/best-remote-job-boards/>

Flexjobs – <https://www.flexjobs.com/>

Upwork – <https://www.upwork.com/>

Who's Hiring

candor.co/hiring-freezes

Useful list of companies hiring and those on freezes. Internship version - <https://lnkd.in/ewhz6Aj>

LinkedIn Resources

LinkedIn Handouts from Sabrina Woods - <http://www.sabrina-woods.com/linkedin.html>

LinkedIn Help - www.linkedin.com/help

LinkedIn Blog - <https://blog.linkedin.com/>

Grow your presence - <https://careersherpa.net/10-ways-to-use-social-media/>

The Ultimate Guide to LinkedIn for Job Seekers - <https://cultivatedculture.com/linkedin-profile-tips/>

Practice & Record an Interview - go to <https://www.linkedin.com/jobs/>, then “More resources”

Hot LinkedIn Trends, What the Experts Say

<https://thingscareerrelated.com/2020/03/04/hot-linkedin-trends-for-2020-what-the-experts-say/>

Create Your Own Wellness Strategy

Stress does a number on your body, mind and emotions. Consider these categories and develop your own wellness strategy to help you during challenging times.

Consider these 5 categories:

- Movement / Exercise
- Social / Emotional
- Nutrition
- Sleep
- Mindfulness



What do you need to do, to be at your best during this difficult time? Look at each category and think which one needs some attention then create a goal around it.

Examples to bring this to life.

Movement / Exercise

Move for a total of at least 30 mins a day to decrease stress hormones and release endorphins

- ✓ Take a 15 min walk twice a day
- ✓ Play a workout, exercise boot camp or yoga video
- ✓ Take breaks every hour when sitting at a computer - get up, walk or stretch

Social / Emotional

- ✓ Do what you can do, rather than focus on things outside your control
- ✓ Make phone or video chat “dates” with friends and family
- ✓ Choose to read the news only a few times / day, set limits on how long
- ✓ Write down 3 things you are grateful for each night

Nutrition

- ✓ Prepare nutrient dense foods - eat more veggies, fruit and whole grains
- ✓ Drink more water

Sleep

- ✓ One hour before bed, put your phone / electronic devices away
- ✓ Put your phone in a different room when you go to sleep
- ✓ Try to go to bed and wake up at the same time every day

Mindfulness

- ✓ Take 3 deep breaths throughout the day
- ✓ Meditate or try a guided meditation, even if only for 5 minutes
- ✓ Pick one meal where you eat your food more slowly, mindfully

Use these ideas to create and track your own wellness goals.

Mindfulness Resources & Guided Meditations

Online LIVE free sessions

Mindful Leader, Meditate Together - <https://www.mindfulleader.org/meditate-together>

Brown Mindfulness Center – LIVE free Zoom sessions

<https://www.brown.edu/public-health/mindfulness/class/three-community-mindfulness-meditation-sessions-available-zoom-and-telephone>

Pre-recorded resources

Mindfulness Resources from Sabrina Woods - <http://www.sabrina-woods.com/mindfulness.html>

Mindful Breathing Meditation [5 mins] - <https://www.youtube.com/watch?v=nmFUDkj1Aq0>

Insight Timer, Mindfulness for Releasing Anxiety by Glenn Harrold [20 mins]

<https://insighttimer.com/glennharrold/guided-meditations/mindfulness-for-releasing-anxiety>

Interview: The Benefits of Mindfulness [VIDEO – 17 mins]

<https://www.youtube.com/watch?v=zSXpHUyLK88>

Yoga & Workouts

Online LIVE free sessions

Harvard Ed Portal – Yoga – Wednesdays at 5:30pm EST - <https://edportal.harvard.edu/calendar>

Brown Mindfulness Center – Mindful Yoga + Discussion – Sundays at 10:30am EST
<https://www.eventbrite.com/e/sunday-guided-mindful-yoga-and-discussion-registration-100315414104>

Pre-recorded resources

Boot Camp Minute to Win it – Round 1
https://www.youtube.com/watch?v=B3a5XgloI1U&list=PLEQ46rs7Q0_p4FkogCrB7cpmhNQmC7RuZ&index=4&t=0s

Ten Trees Yoga & Wellness – multiple sessions of various lengths (wonderful teacher!)
<http://www.tentreeswellness.com/blog>

YMCA Yoga – Beginner Flow – 26 mins - <https://www.youtube.com/watch?v=38LfE-OtvaQ>

Total Body Yoga - Deep Stretch with Adriene – 45 mins -
<https://www.youtube.com/watch?v=GLy2rYHwUqY>

Power Vinyasa Flow Yoga Class - Five Parks Yoga – 45 mins -
<https://www.youtube.com/watch?v=YtuzNaaWZRQ>