

The Mindful Job Search: Covid-19 Edition

"Life's challenges are not supposed to paralyze you," freedom singer Bernice Johnson Reagon said. "They're supposed to help you discover who you are."

If ever there was a time to be mindful it is now.

While you may feel like doing this . . .



Instead, do this: Take a mindful breath, a deep one. Low and slow, down to your diaphragm. Repeat when feeling stressed or to refresh as you transition between tasks. It's especially helpful before interviewing, or even while interviewing to oxygenate your system, settle your mind and focus, and perform at your best. Here's how:

Belly Breathing

- Sit comfortably—straight, but not stiff
- Close your eyes if alone—to minimize distractions
- Breathe through the nose, longer on the out-breath
- Scan body for tension, release with breath
- Pay attention to breathing sensations—in and out
- Bring wandering attention back to breath

In the midst of uncertainty, take control of your job search where you can. Ramp up your visibility online through LinkedIn, and professional and social networks. When in interview limbo, follow up with employers and recruiters with empathy for their wellbeing and understanding of organizational realities they're managing. Reach out to help others and propose how you can uniquely help employers during this time with your particular set of skills.

People are still interviewing. In fact, recruiters are finding it easier to reach candidates now, so be prepared by continuing to work at your job search. Those who get hired during economic shifts are those who keep going and get creative in their approach and where they look. Where will you be in the end if you don't?

Sometimes, it's hard to shift perspective when faced with uncharted territory. For that, astronauts offer a unique view on the world we can learn from:
[Astronauts offer advice on keeping calm \(and carrying on\) amid coronavirus outbreak](#)



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Mindful Resources Offer Free Support for the Pandemic

Free collection of “Weathering the Storm” meditations:
www.headspace.com

Free Coronavirus Sanity Guide:
[Coronavirus Sanity Guide](#)

Creative Inspiration

Social distancing and “shelter in place” directives have fostered an amazing amount of creativity. We’re not only being pushed out of our comfort zones (and learning more than ever about video conferencing and virtual interviews), but we can excel in new ways. What creative approaches and new resources are you discovering? Please share. I’m inspired by these examples . . .

[Rolling Meadows High School Virtual Choir Performance Goes Viral](#)

[“Hands, Washing Hands . . .”: Neil Diamond Sends Reminder to Fans](#)

[We Will Not Shrink, But Rise to Meet to the Challenge](#)

Practical Pandemic Job Search Strategies

[Job Searching in the Outbreak Era](#)

[5 Tips for Job Search during Coronavirus](#)

[US Coronavirus Outbreak-Related Job Postings Triple in Last Week](#)

Join the Lisle Township Job Club virtually Wednesdays at 11 a.m. while we're sheltered in place. To access, click on this [link](#) in the calendar.

"Mindfulness is the awareness that arises by paying attention in a particular way: on purpose, in the present moment and nonjudgmentally." ~Jon Kabat-Zinn

Offered as a community service:
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