

## Supporting Well-being While Job Hunting

Being out of work can be stressful, affect your confidence, and impact your mental and physical wellbeing. Taking care of yourself—even on a tight budget—can help you stay motivated, focused, and resilient while looking for employment.

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### Why Self-Care Matters When You're Out of Work

- Reduces stress and anxiety that can come from job searching.
  - Helps maintain energy, focus, and motivation.
  - Supports confidence and a positive mindset during challenging time
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#### 1. Mindful Movement

- Go for a walk, run, or bike ride in your local park.
- Try free online yoga, stretching, or workout videos.
- Follow a free dance or aerobics video online to get moving at home.
- Practice simple bodyweight exercises, like squats, lunges, or push-ups.

#### 2. Creative Expression

- Journal your thoughts, gratitude, or goals.
- Draw, paint, or craft using materials you already have at home.
- Try photography with your phone — capture things that make you happy.
- Write short stories, poetry, or letters you don't need to send.

#### 3. Relaxation and Mindfulness

- Practice meditation or deep breathing exercises (many free apps or YouTube videos available).
- Take a warm bath, shower, or make a calming tea ritual.
- Listen to calming music or nature sounds while resting or stretching.
- Practice progressive muscle relaxation or guided imagery exercises.

#### 4. Connection and Support

- Call, text, or video chat with friends or family.
- Join free online communities or support groups for shared interests.
- Attend local free community events, workshops, or library programs.
- Write a letter or message to reconnect with someone you haven't spoken to in a while

#### 5. Nature and Outdoors

- Spend time in green spaces or by water — even a short walk outside can boost mood.
  - Try gardening or tending to houseplants.
  - Go for a picnic or sit outside while reading a book or listening to music.
  - Observe wildlife or take photos of nature during a walk.
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#### 6. Personal Growth

- Read free eBooks, listen to podcasts, or explore online learning platforms.
- Set small, achievable goals and celebrate your progress.
- Learn a new skill or hobby using free online tutorials (cooking, coding, language).
- Reflect on your achievements weekly and update a personal growth journal.

#### 7. Rest and Routine

- Prioritize regular sleep and create a simple daily routine.
- Take short breaks throughout the day to recharge.
- Set aside a consistent time each day for a relaxing activity, like reading or stretching.
- Limit screen time before bed to improve sleep quality.


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### Remember:

Consistency matters more than cost. Even small, inexpensive self-care habits can improve your well-being when practiced regularly.

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### If you need support:

 0490 444 179

 [www.greenhillcounselling.com.au](http://www.greenhillcounselling.com.au)