

# **Five Strategies To Increase Your Job Transition Success**

Taking care of yourself is key during your job transition. Quite often self care is thrown out of the window, or not valued as much as it should be. The job search process can be very taxing emotionally and physically. In order to be prepared for sometimes challenging and lengthy interviews, where you are required to sell yourself over and over again, you must consistently take care of yourself. Many of these strategies are not new or rocket science, but are great reminders of what you may already know, but perhaps are not doing.

## **Get Plenty of Sleep At Night**

I know this is easier said than done. Sleep is often times the first thing that is neglected, but it is one of the more important requirements for our overall well being. Proper sleep allows us to think quickly, be alert, communicate more effectively, remember important facts, be enthusiastic and energetic, and show up for the interview with a pleasant yet professional personality.

## **Eat Properly**

The saying, we are what we eat is very true. The body needs proper nutrients so that it can properly function. There are certain foods that drain your energy, such as excessive sugar. There are other foods that for many people will increase energy such as protein, fruits and vegetables. Each meal should be balanced with protein, vegetables and fiber, and should also be low in fat. Avoid fatty foods, and items that contain lots of preservatives. Our meals should be filled with foods that will nourish the body and mind. Also, plan to eat your heavier meals earlier in the day, and something light, such as a salad and grilled fish for dinner. You will sleep better, and you won't have the sluggish food coma that occurs after eating heavy meals that are high in fat and calories.

## **Give and It Shall Be Given**

Volunteer your time when possible to help organizations and others in need. Volunteer work can be so rewarding, allowing you to share your skills, time and abilities with those in need. Be willing to help others, and you'll find that others will also help you.

## **Exercise**

We have all heard the benefits of exercise. I personally enjoy the increase in adrenaline and energy, as well as heightened mental alertness after exercising. Not to mention the physical benefits and improved overall appearance. Looking good physically also makes everyone feel better about themselves. Here are some additional benefits:

- Improves the health of your heart and lungs
- Will help you to sleep better
- Helps with weight management
- Improves your mood, resulting in a more positive attitude

### **All Work and No Play**

Make sure that you are taking time out to relax and enjoy life. Simple walks in the park, neighborhood festivals, socializing with family and friends, attending church are all examples of ways to relax and refuel, to be prepared to continue with the stressful job transition process.

**By Pamela Bradford**

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