

# JOB & INTERNSHIP SEARCH

## Mental Health & Careers

Thinking about your career path can be difficult. What are you doing to prepare your mind for navigating your career? Implementing mental health practices and practicing self care can make or break your experience while trying to achieve professional success.

### Tips



**Be Prepared.** Prepare for all interviews and networking engagements. Being prepared and organized will reduce feelings of anxiety and worry over your performance.

**Deep Breaths.** Taking a few deep breaths before you start anything can help with focus.

**Do Your Research.** Along with preparation, doing your research will help you feel more informed and ready to engage.

**Exercise.** Physical activity has proven to be a way to increase positive mental wellness. Find an activity that you enjoy and get moving!

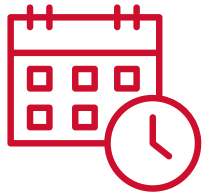
**Mentorship.** Be sure to find someone you trust within your field and someone outside of your field of interest. Talk to them as you move through and figure this career thing out.



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**Counseling.** Be proactive versus reactive. Seeking counseling can help you sort out your thoughts in order to create a mental wellness plan that works best for you.



**Take Your Time.** This career success journey is yours. Try not to compare yourself to your peers. While it may be hard, everyone's journey looks different. This is not a sprint but a marathon.

**Find Something You Love To Do.** Dedicating time to participate in things you love can help you mentally escape things that may make you uncomfortable and focus on something that brings you joy. Balance is important.



### Resources

[Visit the Miami Mindfulness Center](#)

[Visit the Miami Counseling Center](#)

Download A Relaxation App