

## **How to Get Through Challenging Times** **by Rose Jonas, Ph.D.**

1. Deep breaths and meditation - You help ease your depression.
2. Exercise - You're healthier, with a stronger sense of wellbeing
3. Cry - It releases stress. . .which shows on your face!
4. Pray - This community is often a strong assist
5. Chant - Such as "I can do all things through Christ, who strengthens me." The repetition calms you.
6. Symbol of strength - Carry a photograph, a charm, a Boy Scout award, to remind you of the quality person you are
7. 20 hours on, 20 hours off - You need time away from the job hunt
8. Help somebody else - Don't overdo; but it maintains your dignity and sense of self.
9. Build relationships - Don't call it networking; you're doing this for the long term. It's mutual, not begging
10. How is this an opportunity? The seeds of opportunity lie in every disaster.
11. Be around uplifting, warm, funny people and situations. Turn off the news. Read motivating literature.
12. Exercise gratitude daily. Keep a gratitude list and look around you. Others may have it rougher than you.