

## Stress Management for Career Success

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It is exciting to think about a new career and the joy it can bring to your life! It is also important to remember with any change – good or bad – comes stress. Stress can be motivating, but too much can impede your success. The key to reaching your career vision is to realize the importance of stress management. Every day you need to ask yourself, “What am I doing today to manage my stress?” The most stress-resilient people do this without thinking. Simple, doable strategies work best. Are you getting regular exercise? Are you writing in a journal at least once a week, sharing your anxieties, expectations, and excitement? Are you focusing on what you can control and not dwelling in the past? Are you eating healthy? Are you including some of your interests that truly relax you, such as yoga, reading, gardening, cooking, dancing or time with friends?

Take time every day to ask, “What can I do for myself?” Daily stress management strategies will recharge your energies and lead to a balanced, successful career!