



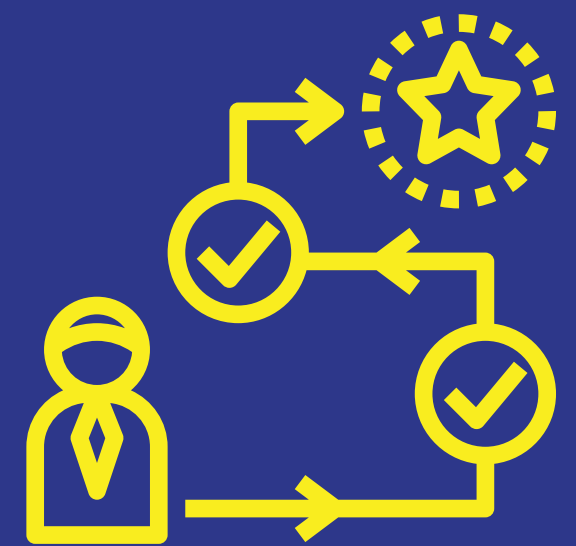
How do you  
deal with the  
**emotional**  
**ups and downs**  
*~~~~~*  
of your job search?



# Prepare yourself for what's to come.

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Recognise that this will be a lengthy process and journey. Always be prepared for unexpected changes or even rejections, but don't let it get you down.



# Understand your emotions.

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Meditation can help you achieve mental equilibrium with a little practice.



# Build a supportive network.

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It is certain that the job search will be exhausting. If you're worried, make sure you have a support system in place and someone to talk to about your concerns.



# Put things into perspective.

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Consider it an opportunity to learn and grow when things don't go as planned.



WOW