**JOB HUNTING? TAKE CARE OF YOURSELF**

You’ve probably seen dozens of articles about [things to do while unemployed](http://www.careerealism.com/things-should-doing-unemployed/).  I bet I’ve read about all of them, as I progress through my own journey of finding a new job.

**look good and feel good**

But there is something I haven’t seen that is VERY important:  taking care of yourself physically.  My journey included adding 30 extra pounds due to [stress](http://www.iseek.org/jobs/stressmanagement.html) while wrapping up my previous job.  I saw a photo of myself, and could not believe how overweight I looked.  So part of my job search has been focused on losing weight.  If you have done so (or are thinking about it), you know that dropping 30 to 40 pounds has incredible health benefits.  When you look good and feel good, you can present a “better you” in an interview.

**Make time for the Fun-Stuff**

For many of us, the word ‘exercise’ does not sound like fun, so don’t use that word!  Think of something you enjoy that moves your body: walk around your neighborhood, go for a swim, ride your bike (my personal preference), dance, make your desk chair an [exercise ball](http://lifehacker.com/5830748/why-i-switched-my-office-chair-with-an-exercise-ball-and-what-it-feels-like), etc.

**A BETTER YOU**

Doing something fun gives you time to unwind, and to think clearly about your job search. It’s true; [endorphins make you feel good](http://science.howstuffworks.com/life/exercise-happiness2.htm). When you feel good about yourself, you [project a more confident persona](http://www.careerealism.com/build-confidence-interview/), and remember, it’s all about presenting the best you in an interview.

Let me know what other suggestions you have for dealing with the stress of a job search. I’d love to hear from you!