

Part 3:

ENERGIZE



LEARN SOMETHING NEW

Invest in yourself by pursuing a new interest or developing a new skill

PREP FOR YOUR JOB SEARCH

Refresh your resumé,
practice your interview
skills and take some
time to focus on your
achievements





PRACTICE SELF-CARE

A healthy body and mind will help carry you through your recovery—remember to rest, to eat well and to stay hydrated

BROUGHT TO YOU BY



Sources: BBC, Forbes, HelpGuide.org, Investopedia

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