

# WELCOME! WE'LL GET STARTED IN A FEW MINUTES!

Note: This session won't be recorded, but you will be sent the slide deck after the fact.

In the meantime, feel free to introduce yourself in the chat! (e.g., name, program/faculty, regular/co-op)



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**ON AIR**

# CAREERING WHILE... ANXIOUS

Graeme Beaton (he/him)

Career Advisor, Centre for Career Development



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**(Graeme's anxious cat, Bea)**

# Whose land are we on?

We respectfully acknowledge that we work on the traditional territory of the Attawandaron (Neutral), Anishnaabeg, and Haudenosaunee peoples. The University of Waterloo is situated on the Haldimand Tract, which includes ten kilometers on each side of the Grand River: land promised and never returned to the Six Nations.

**Some incredible local community members on IG:**

Bangishimo Johnston @bangishimo, Amy Smoke @amysmoke, C. Elizabeth Best @lizbot5000

**Support:** O:se Kenhionhata:tie – Land Back Camp, @ose.kenhionhatatie on IG

**Reports:** TRC Calls to Action, National Inquiry into MMIWG

**Reading:** The Inconvenient Indian, 21 Things You May Not Have Known About the Indian Act, This Place: 150 Years Retold

**What land are you on?** [native-land.ca](http://native-land.ca)

**Learning opportunity:**

INDG 201 The Indigenous Experience in Canada



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# Roadmap for Today!



**What is anxiety?**



**How does anxiety manifest?**



**Why are we talking about anxiety?**



**How to navigate anxiety?**



**How to use these strategies  
in a career setting?**



**When to cope & when to leave**



**Resources & disclosure  
conversations**



**Q&A**



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# A Safe(r) Space

Going into this workshop, the intention is to create as safe a space as possible.

A safe space means different things for everyone, but we'll do our best! Let's keep 3 things in mind:

- **Choice**
- **Respect**
- **Care**



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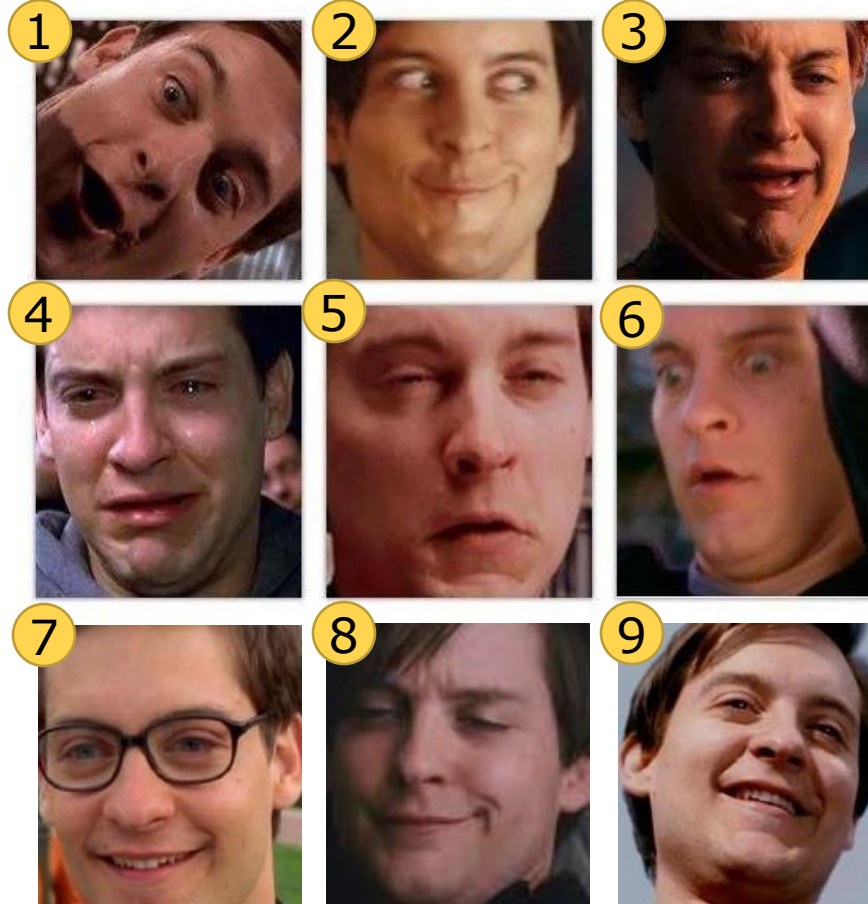
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# How might we **co-create** this safe(r) space?

- Participate in the way that feels most comfortable for you!
- Please use the chat during presentation time! You can go mic on or mic off during the Q&A time.
  - Feel free to send us a direct message if you have a question or comment you would like to share anonymously
- Ask questions whenever!
- If having tech issues, we can help problem solve!
- Take what works for you, leave what doesn't.

# First, let's check in...

(Because Graeme's a fan of Sam Raimi's Spider-Man trilogy) Pick the "Tobey face" that best describes how you're feeling this week:



**WHAT ARE YOU HOPING TO  
LEARN TODAY?**



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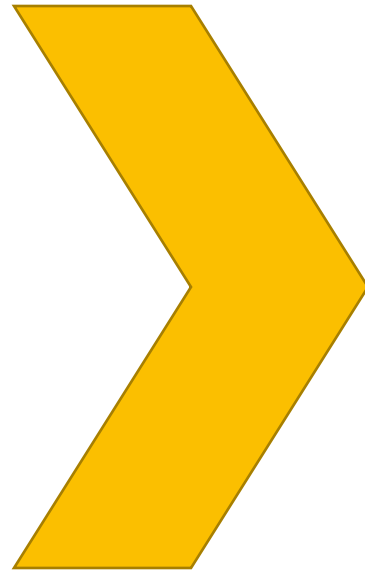
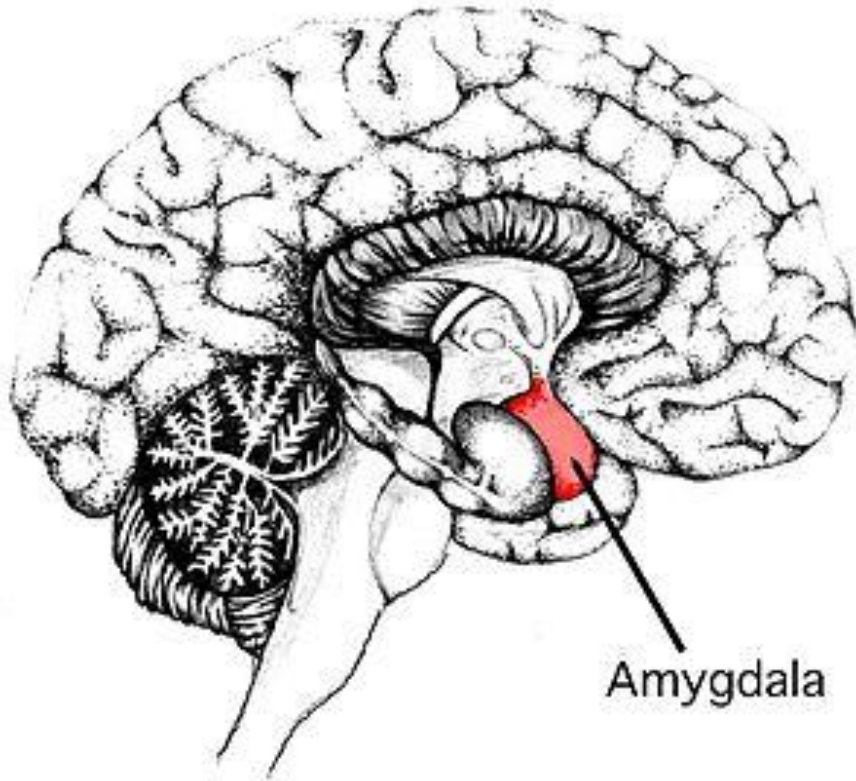


# Anxiety...

- ... is the body's reaction to stress
- ... is complex
- ... manifests in our emotions and our bodies
- ... can be acute & chronic



# A Little Bit of Brain Science



- Fight
- Flight
- Freeze
- Fawn/Feign

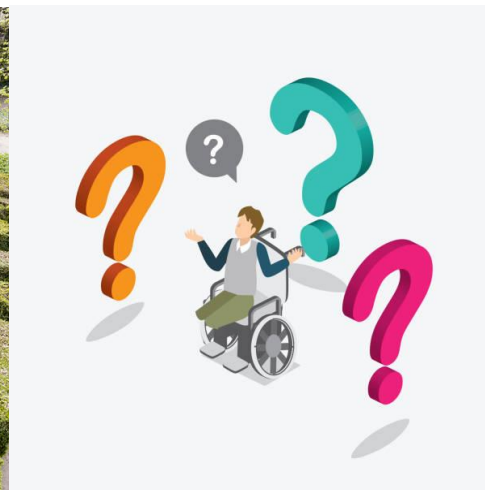


# Why are we discussing this?

- Mental health stigma → rooted in systems and connects with identity
- Understanding anxiety is one step towards demystifying mental health and challenging stigma
- Anxiety isn't limited to our "personal life" – it shows up at work, and in career contexts!
- Job searching and "careering" are deeply intertwined with our wellness

# How Does Anxiety Manifest?

- Imposter Phenomenon
- Perfectionism
- Not feeling good enough
- Obsessive thought
- Thoughts/feelings of impending doom
- Indecisiveness
- Overthinking
- Difficulty concentrating and relaxing





# Anxiety-Driven Thought Patterns



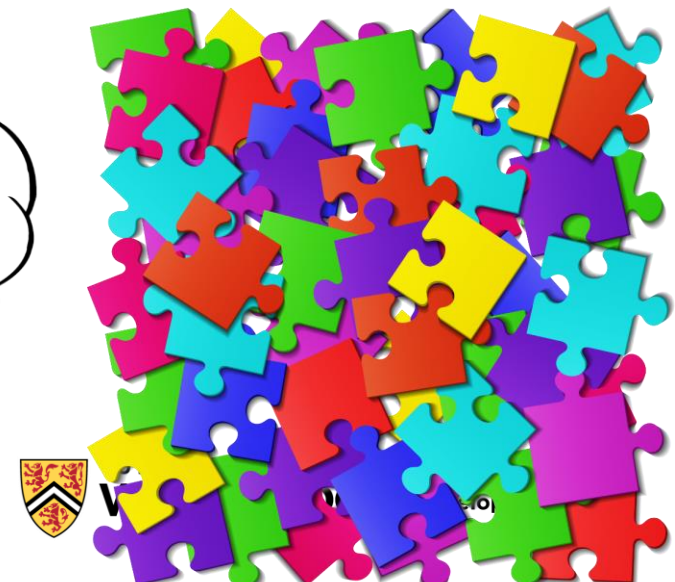
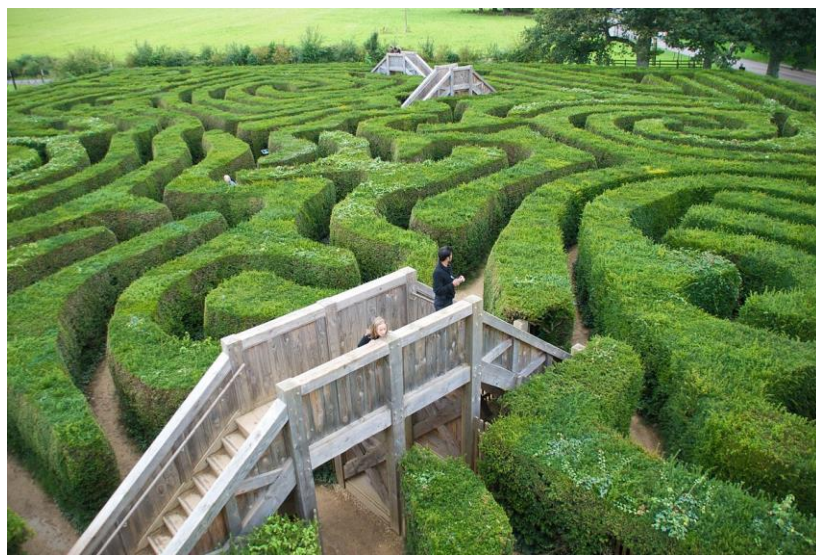
- Catastrophizing
- Absolute thinking
- Black & White Thinking
- Filtering Information
- Downplaying the positive
- Personalization
- Should/ Shouldn't
- Overgeneralization
- Emotional Reasoning
- Labelling
- Mind- Reading





# Habitual Thinking - Give Yourself Grace!

- Anxiety can lead to thought patterns
- Thought patterns can hurt us, but could have made sense at a point in time
- Naming thought patterns can demystify them
- Everyone falls into thought patterns occasionally
- Be understanding with yourself if you notice hurtful thought patterns!



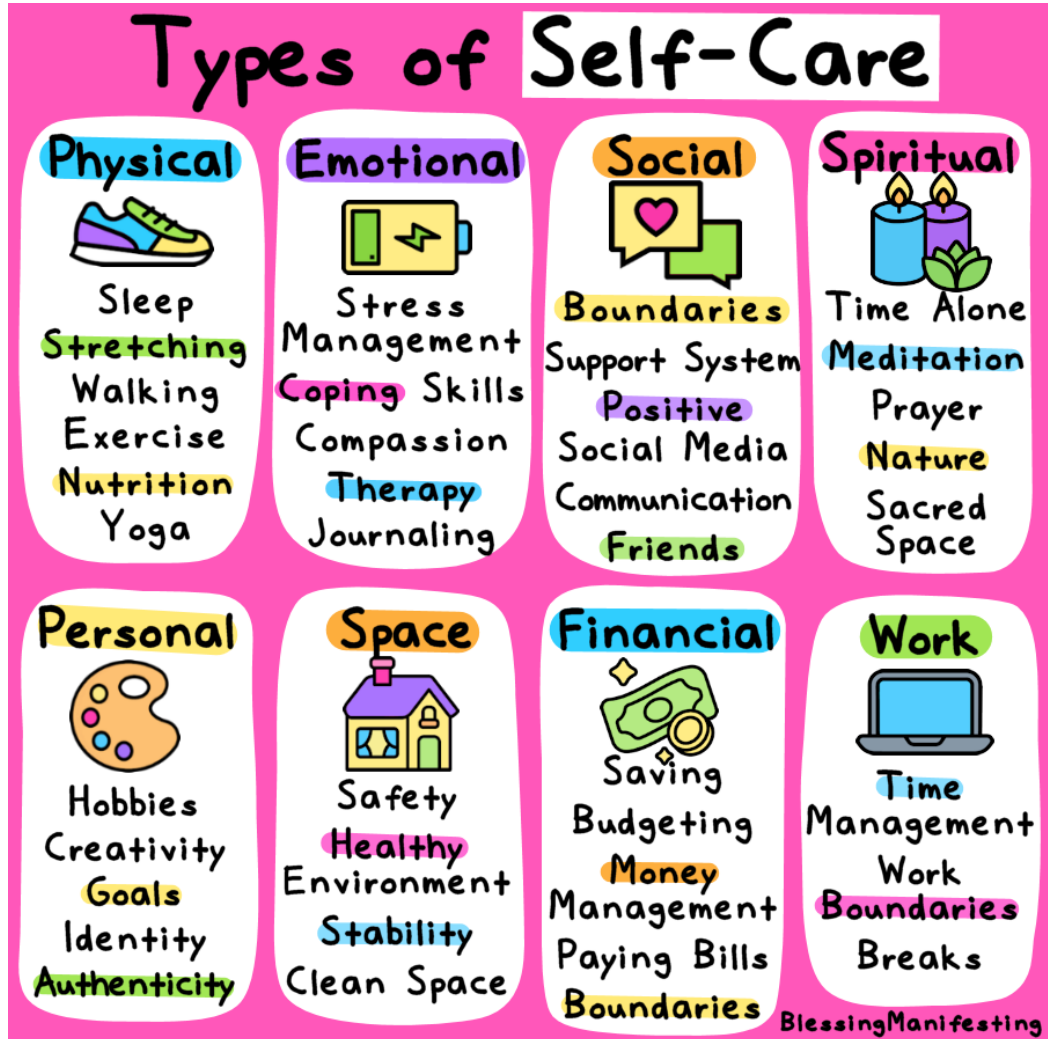
**WHAT ARE SOME WAYS THAT  
YOU COPE WITH ANXIETY?**



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# What is Self Care?



- Physical
- Emotional
- Social
- Spiritual
- Personal
- Space-related
- Financial
- Work-related

# COPING PRACTICES TO CONSIDER

- Journaling
- Reframing (e.g. how might I understand/navigate this feeling differently?)
- Do the "boring" self-care
- Setting boundaries
- Apps: MindShift, Calm

## Challenge Your Thoughts

When thinking this...	Try this instead...
I never do anything right.	That isn't true. I do get things right.
I feel like doing 'x' so I should go do it right now.	I can take time to process my thoughts without reacting first.
I have no control over my reactions.	I can learn to control how I react.
My emotions are who I am.	My emotions are my brain processing info.
Everything will end badly.	What if things work out?
All I do is mess up.	What would my friends tell me?

@BlessingManifesting



The Self-Love Rainbow



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# Coping tools to consider



- Grounding (e.g. 5-4-3-2-1 senses grounding activity; holding a piece of ice, etc.)
- Deep breathing techniques (e.g. birthday cake breathing)
- Visualizing (Imagine - how might this go well?)
- Affirmations (e.g. "I am capable, and I deserve the space and grace to learn and grow")
- Treat the anxiety as something external to yourself







# **MANAGING ANXIETY IN CAREER SETTINGS**

# WHEN DOES ANXIETY SHOW UP FOR YOU?

e.g., interviews, networking, job searching, in the workplace,  
etc.?



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# Interviews

Interviews can be nerve-wracking! You are getting questioned by strangers that you have to impress, trying your best to act polished and professional, with the high stakes of a potential job offer.

## **Strategies to consider:**

- Preparation and practice
- Breathing exercises
- Grounding exercises
- Reframing: treating the interview like a conversation
- Give yourself options if you freeze/blank

# Job Search Challenges

Oftentimes we put a lot of pressure on ourselves and compare ourselves to our peers. This can result in thoughts like “What if I never get a job?”, “What if this means I am a failure?”, “Why are they having more success than me?”

## Strategies to consider:

- Try not to internalize rejection
- Access career services
- Experiment with your job search approach
- Practice self-care

# Networking

Depending on our personality and comfort level, the concept of networking itself might be anxiety provoking. How might we manage our anxiety to make networking work better for us?

## **Strategies to consider:**

- Beginning with who we know
- Ask for conversations, not jobs – and prepare good questions
- Practice your self-introduction
- Engage in a variety of networking strategies



# External Expectations

Sometimes we have people in our lives who have certain expectations about what we will do with our careers and how we will navigate these spaces. That pressure can be stressful and so anxiety provoking.

## Strategies to consider:

- Setting boundaries
- Affirmations
- Practicing self-care
- Accessing career services for career planning

# Challenging Conversations

Career settings can involve difficult, anxiety-provoking interactions with others:

- Advocating for yourself
- Speaking with your supervisor/boss
- Conflict with a coworker or customer

## **Strategies to consider:**

- Setting boundaries
- Reframing: focusing on the behaviour or situation, not the person
- Preparing a script
- Breathing exercises
- Journalling

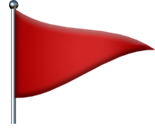
# Career Planning

What do I want to be when I grow up? What do I do after graduation? What do I want to do with my life?! These big questions can generate uncertainty, unease, and anxiety about the future.

## **Strategies to consider:**

- Journalling and self-reflection
- Chatting with people you trust
- Accessing career services
- Visualizing
- Reframing

# Cope or Leave?



## Some workplace **green flags**

- Your boss is supportive and encourages you to set boundaries and take breaks
- Mental health and wellness is encouraged in practice not just in words
- Folks in your workplace respect your boundaries
- People bring their full self to work and are open about wellness
- Even through anxiety you feel like this is a good environment

## Some workplace **red flags**

- Being belittled by your boss
- People at work not respecting your boundaries
- Lack of support for mental health/wellness
- Any form of harassment
- A workplace that you or others label as toxic
- Being tokenized or treated only based on assumptions about your identity

Talk with a trusted person!  
You can also come in to talk with us!



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# Considering Safety, Boundaries and Wellness

- What does safety mean to me? What does it look like? Feel like?
- How do I know when I feel safe/unsafe?
- What boundaries are important to me?
- What resources are available to me if I feel unsafe?
- What are some coping tools/strategies that I can use if I am feeling overwhelmed?
- Who can I talk to if work is getting to be too much?
- What do I need to set myself up for success? (e.g. drinking water regularly, taking breaks throughout the day, etc.)
- What can I do to build myself up?





## **WE'D LOVE TO HEAR FROM YOU!**

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These workshops are for you! We are always looking for ways to improve. Please complete the feedback survey delivered to your inbox after this session.

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# Disclosure

- Social safety: You can share, but you do not have to share
- Emotional safety: What is coming up when you think about disclosing?
- Accommodations: Can be requested through the companies Human Resources
- Connecting/ getting set-up with AccessAbility Services for more information/support with:
  - Disclosure conversations and/or developing an accommodation plan
  - Assistive technology



To schedule an appointment with AccessAbility, or to contact the Front Desk, please call: **519-888-4567, ext. 35082** and leave a voice message. These will be checked regularly and followed-up with accordingly. Alternatively, you may email the Front Desk at [access@uwaterloo.ca](mailto:access@uwaterloo.ca).



# Resources



- CareerHub – Resources, supports, and accomodations
- On and off-campus resources and supports for mental health, wellness, accessibility, and legal aid
- Supports for different intersectional identities



## Welcome to the Centre for Career Development



### Visit our website for:

- Booking appointments/drop-ins
- Job search resources
- Pre-recorded workshops
- And more!

<https://uwaterloo.ca/career-development/>

# What Did We Discuss?



- Brain science behind anxiety
- How anxiety might show up in our lives (e.g. overthinking, perfectionism) and the thought patterns that manifest as a result
- Coping strategies to navigate anxiety and how you might use them in various career settings
- Determining when anxiety situation requires coping tools vs leaving a job, working relationship, etc.
- How to disclose experiences of anxiety and the supports to help you do it
- Resources where you can get further support





**ANY QUESTIONS?**



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**YOU+WATERLOO**

*Our greatest impact happens together.*