

Welcome to your life

SOT

Rachel Yuhas [YOU-hawss]
OSF HealthCare psychotherapist

"If you're not able to find your dream job right now, find a filler. Work at the library. Food service. Volunteer. It can build your resume. That work doesn't not mean anything. It's just a way to stay busy and active." (:27)

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"Your coworkers can be your friends. That's OK. Some people don't want to be friends with their coworkers, and that's fine too. So find ways to put yourself out there. I've had people go on friend-finding apps or join a workout class. They have a community of the same people they see all the time. Even just daily socialization. Go to the grocery store. Be around people." (:33)

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"I tell people: get in a routine, especially if you've graduated from college and don't have a job lined up. It can be really hard if you don't have things going on throughout your day. Have a sense of purpose. If gyms are your thing, join a gym. You're getting socialization and helping your body and the chemicals in your brain. Go to the library. Join a community group. If you do get a job, be mindful of the Monday through Friday routine. Make sure you're doing [pleasurable] things on the weekends, not just the same meal prep and laundry. Try to break it up and have things not be super consistent." (:58)

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"Be open. Be there for that person. Notice things and make observational statements like 'Hey, I've noticed you've been late to work a couple times. How are you?' Or 'I noticed you've been having trouble doing your laundry' or 'You haven't been getting out of your room when you come home from work. How are things going?' Gentle check-ins and observations are better than accusing them." (:30)