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# JOB SEARCHING AS A PERSON WITH ANXIETY

## What are some factors to consider when job searching?

The importance of employee mental health has become increasingly common for inclusive employers. How can you ensure as a person with anxiety that you can successfully navigate a job/internship process and be supported in the workplace?

- In the job search process, be well organized and take breaks if you feel overwhelmed. Focus on smaller, more manageable application goals
- Practice! Anxiety never goes away completely, but practicing your interview skills can increase your confidence
- Consider if a potential employer provides mental health benefits as well as healthcare benefits with the medication coverage you may need. The HR department can answer these questions confidentially

## What are questions to ask a potential employer to ensure I'll be supported?

- Is there a possibility for flexibility, such as remote or hybrid work?
- What does the physical space look like that I will be working in primarily?
- What is the best way to communicate with you as my potential employer if I need additional time or assistance completing a task?
- What is the work culture here typically like?



Practice virtual interviewing from the comfort of your home or residence hall. Log in with your UNCG credentials and practice thousands of questions! [uncg.biginterview.com](http://uncg.biginterview.com)



Check out the apps and resources from the UNCG Counseling & Psychological Services.  
[shs.uncg.edu/self-help-apps](http://shs.uncg.edu/self-help-apps)