

Top Self-Care Tips For the DClin Selections Process



Find what's important outside of the DClin

Focus on what else in your life is important, remember to live your life and not put things off because of the application process. It will help stop burn out



Take breaks

Take breaks when you need them and don't be hard on yourself for doing so! Breaks are just as important as the work you are doing!



Breathing techniques

Breathing techniques can help if you find yourself becoming anxious or worrying about the next step they can help to ground you in the moment



Managing worry

The process can be anxiety provoking. Utilise skills to manage that worry. Maybe write things down, talk to someone, focus upon what you can control rather than what you can't.



Nice environment

Work somewhere that feels tidy and clean when preparing for interviews or writing your application, this may help you prepare with a clear mind. You could also surround yourself with things that make you feel calm or happy.



Allow yourself time to feel emotions

It is normal to experience a wide range of emotions during this process and that's okay! Allow yourself time to feel each emotion rather than trying to hide it

