



CARE's WorkLife Solutions

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What to Expect Following Job Loss

Though everyone experiences job loss differently, you may have one or more of the following reactions.

LOSS AND VULNERABILITY

This is often the initial reaction to news of a job loss. It is triggered by the loss of something you value: a familiar role, a sense of security, a feeling of teamwork, or an implied trust between you and your employer. You may feel vulnerable and unable to protect yourself from the impact of job loss. It's common for the job loss to seem unreal; then anger, sadness, fearfulness, or guilt may set in.

TIPS FOR COPING

Talk to a friend, spouse or other trusted person about your feelings. Focus on what you can take charge of — those things that you have the power to control.

RESISTANCE

Resistance is an unwillingness to let go of how things used to be, and is shown through angry outbursts, criticism, blaming, withdrawal, etc. Resistance is one way to express your unhappiness with loss.

TIPS FOR COPING

Choose your battles carefully — consider if the issue, and any potential losses, are worth the trouble. Try to give yourself time to calm down. You don't want to make any hasty decisions right now.

FEELING STUCK

A time when you feel caught between holding on to the past and moving forward with the new reality. Sometimes, you may actually be stuck — if the circumstances of the change are still up in the air, you may be in limbo until everything gets settled.

TIPS FOR COPING

Switch your focus to the present and future. Give the new circumstances some time to sort themselves out before making any decisions that will have a long term impact on your life.