

HELPFUL INFORMATION

DEALING WITH JOB LOSS

This is a time when job loss is affecting millions of Americans which has taken a huge toll financially, emotionally and on the family. The emotional effects can be significant. Such emotional effects of job loss include:

- Surprise, disbelief or being stunned and/or shocked. 'I didn't expect this', 'I expected this, but it's different when you find out'.
- Disbelief, resisting the reality of 'losing my job'.
- Frustration, anger and resentment.
- Humiliation and embarrassment 'regarding my pride'.
- Guilty and feeling responsible for the loss.
- Wondering 'what I could have done to prevent this'.
- Feelings of inadequacy and failure regarding 'a very important part of my life'.
- Loss of part of myself and identity – 'my job was a lot of who I am'.
- Sadness and grief regarding the loss of something special.
- Fear and apprehension regarding the future – 'what will I do'.
- Difficulty sleeping related to stress of losing job and what is in the future.
- Eating excessively to 'tranquelize myself' to find some type of nurturing and/or relief.
- Drinking excessively and/or turning to drugs to self medicate, tranquilize, escape and/or finding a false high.
- Turning to other addictions as gambling, sex, shopping, etc.
- Poor appetite related to depression and other physical symptoms

TIPS IN DEALING WITH JOB LOSS

- Let yourself feel and grieve with whatever feelings you are experiencing.
- Don't stuff and bury your feelings. This is not the time to say 'I'm too strong to cry'.
- Don't withdraw and isolate yourself.
- Reach out to loved ones and significant others. Talk to them and lean on them as needed.
- Don't turn to alcohol or drugs or other addictions.
- Continue living your life with your non-work activities and significant others.
- Develop a plan to find another job.
- Look at this as an opportunity to reevaluate your life and job situation.
- Reevaluate your finances and resources and plan accordingly.
- Eat healthy contributing to physical and mental health.
- Exercise regularly contributing to physical and mental health.

Through your understanding and knowledge you can be helpful to yourself and others.