Coping with Downsizing

The loss of your current job not only affects your income but also your personal work relationships, your day-to-day routine and an important sense of self-purpose. Unemployment may generate feelings similar to the stages of grieving, just as you would experience with any other major loss.

Your Work is an Important Part of Your Self-Esteem

When you lose your job, you may not feel as good about yourself. Try to be realistic about why you lost your job. Was it something beyond your control, such as financial problems? Perhaps your position was simply restructuring or eliminated. You’re not responsible for this change. The decision to let you go is not a reflection of your individual job performance.

Strategies to Cope

To assist you through this transition and to help keep your stress levels down, your confidence up and your health and relationships strong, develop coping strategies such as:

• Establish a new daily routine, including a regular time for job search activities.
• Set attainable goals every day. Go for a walk, go to the library or call a friend.
• Use your networks. Let people know what kind of work you are looking for—many people get jobs through “word of mouth.”
• Read some books or take a workshop on stress management to learn effective skills to reduce stress.
• Consider the possibility of continuing your education.
• Volunteer! By helping someone else, you will both feel better.
• Keep busy and stay active outside your home.
• Reward yourself on a regular basis for your efforts.
• Prepare a written plan to commit for each day.
• Pursue the hobby you always wanted, but never had time.
• Take care of your health with regular exercise, good nutrition and enough sleep.
• Be in your best shape for your next job.

Turn to Us.

Your Licensed Professional Counselor offers free, confidential help with issues you may have around downsizing or other personal, family or work/life concerns. Call any time. In a crisis, help is available 24/7.

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