

Coping with job loss



Experiencing a sudden job loss can be devastating. **You may have a flood of feelings including sadness, anxiety, anger or helplessness over the uncertainty of what comes next.**

Now is the time to focus on things you can control, such as your health. If you're not up to speed with maintaining a diagnosed health condition, be sure to have your prescriptions, eat as healthfully as you can, and get proper sleep. It is also important to take care of your emotional and mental health as part of maintaining your well-being during this changing time. **The following tips can be helpful as you move through changes:**

- **Accept that your feelings are the natural response** of being in an uncomfortable situation.
- **Remind yourself that life is unpredictable.** You may need to adjust your goals or timelines and allow for flexibility in your plans.
- **Use the experience to evaluate your life** and affirm what matters most. Each day, think of three things for which you are grateful, a practice that can help lift your mood, and help you bounce back from setbacks, research shows.
- **Do something daily that you find rewarding** and makes you feel successful.
- **Try to get out to spend time in nature.** Strolling among the trees, gazing at the sky, inhaling the fresh air, and feeling the ground beneath your feet, can provide a sense of connectedness and perspective.
- **Establish a new daily routine,** including a regular time for job search activities.
- **Set attainable goals every day.** Go for a walk, for example.
- **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 watch a video on mindfulness** or some other stress management technique to help you feel a sense of control and balance.
- **Stay in close virtual or telephonic touch with others.** Keeping up with personal ties is important for our emotional and mental health.

If you're struggling with particularly strong emotions, seek help from a professional counselor.



866.799.2329

Schedule an EAP appointment through Penn Cobalt

Email: EAPinfo@healthadvocate.com

Visit: HealthAdvocate.com/upenn

Call • Email • Message • Live Chat

