

The Workplace

Volume 1, 10

November 3, 2000

A Fact Sheet

Highlights

Job grief recovery tips.

1. *Take time to grieve.*
2. *Keep a diary of your feelings.*
3. *Exercise regularly.*
4. *Form a new daily routine.*
5. *Form a support group.*
6. *Mount a job search.*

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Six Tips for Recovering from Job Loss

Almost daily, newspaper headlines and the evening news are filled with talk of another company merger or another plant closing. When companies merge or are bought out by other companies, inevitably jobs are realigned, altered, or eliminated altogether.

Job loss can be devastating both emotionally as well as financially for the hundreds of workers who are told weekly that their jobs will be terminated. Grieving over a job loss is only natural, especially when the person losing their job is not at fault. The stages of grief over a job loss and the symptoms are very similar to those experienced when there is a death of a family member.

There are two aspects of job loss: the practical and the emotional. The reality of job loss is dealing with loss of income and benefits until gainfully employed again. Emotionally, the consequences of losing a job are just as real. The self-image and worth may be damaged while fears about the future and the ability to meet financial commitments may be overwhelming. Many worry about how they are viewed by others.

The manifestations of job loss are real and can be debilitating. If you have recently lost your job and feel that you are having trouble with increased stress; if you feel defeated; if you find yourself at odds with other family members more frequently than normal; or if you are sick more frequently, you may be experiencing job loss grief.



Job loss can be devastating both emotionally [and] financially . . .

What can you do to overcome the feelings of hopelessness and desperation that frequently accompany job loss?

1. Take time to grieve. Coping with, and getting through, any type of grief, including the grief over losing a job, takes time. Even though

you may be restructuring your life around an imposed career change, it is important to acknowledge your grief.

2. Keep a diary of how you feel, both good and bad, for at least a month. Confronting your hurt, frustration, and fears may be the first step to healing the hurt and to help stop feeling like a victim. Equally important are remembering successes experienced on the previous job, the good times you had with co-workers, and the characteristics you like most about yourself.
3. Exercise regularly. Vigorous exercise on a regular basis helps reduce stress levels and lessen the day-to-day irritants. It also helps you relax and become mentally focused.
4. Form a new (temporary) daily routine to follow until you find your next job. Routines help clear the mind, keep productivity high, and promote a feeling of usefulness.
5. Form a support group among your friends and family. Socialize with those who care. It is helpful knowing that you are not alone and that the feelings you are having are normal. Being around others is a very important part of the healing process. These individuals may also provide valuable leads on prospective jobs.

6. Mount a job search. Get organized by making a list of all available organizations, companies, and agencies within driving distance. Revise your resume and begin knocking on doors, making phone calls, and writing letters of application.

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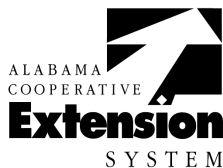
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