

Maintaining Resilience After Job Loss

Losing a job can be an unsettling experience, especially when the decision is beyond your control. It's natural to feel a mix of emotions, but with the right mindset and strategies, you can navigate this transition and move forward with confidence.



Shift Your Perspective: Job loss doesn't define your worth—it's a change in circumstances. Organisations make decisions for various reasons, often unrelated to you. Your skills and experience remain valuable and can open new doors.

Acknowledge Your Emotions: It's normal to feel shock, sadness, frustration, or anxiety. Allow yourself to process these feelings, knowing they will evolve. Support from friends, family, or a professional can help.

Embrace a Positive Outlook: Change can be daunting but also brings opportunity. Reframing your situation positively reduces helplessness and fosters optimism. Focus on what you can control and take small steps forward.

Address Financial Concerns: Uncertainty about finances is common. A financial advisor can help you plan and manage obligations during your transition, easing stress and providing clarity.

Explore Career Directions: Reflect on your career path. Are you satisfied, or is this an opportunity to pivot? Speak with your network, explore industries, and stay open to new possibilities—job leads can come from anywhere.

Reconnect with Strengths and Values: Identifying your strengths and values can guide your next move. A free resource, such as the VIA Character Strengths test (www.viacharacter.org), can clarify what motivates you and inform career choices.

Take Proactive Steps: Maintaining structure keeps you motivated. Set SMART goals (Specific, Measurable, Achievable, Realistic, and Timely) to update your resume, research employers, connect with recruiters, or complete unfinished qualifications. Small actions build momentum.

Prioritise Wellbeing: Physical and mental health support resilience. Regular exercise, nutritious food, and consistent sleep maintain energy and motivation. Minimise alcohol and engage in activities that promote relaxation.

Seek Support: Change is challenging, but you don't have to face it alone. Lean on trusted friends, family, or professional support. Consider speaking with a (EAP) counsellor. After leaving your role, your GP can connect you with community services.

To book an appointment with one of our counsellors, call or scan the QR Code



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