

You've lost your job, now what?

Losing your job can feel crushing and personal. Keep in mind there are many reasons a company decides to release an employee. Job performance is usually not the top one. If it is the reason, now's a good time to consider what changes must be made to increase your success in the future.

Chances are, you'll quickly adjust to this break in your work life. In fact, you may find that it opens other doors you hadn't thought about before.

It might be more difficult to deal with this loss if you felt really connected to your work. If you liked your job, left work friends behind or your finances aren't in the best shape, this loss can be hard to take in.

You might need to search outside your previous job title if work is needed at once. Even if it's not your first choice, a temporary job may take the pressure off as you think about your next step.

Some things to consider if you lose your job:

- Take time to let the news sink in. At first you may feel shocked or frozen. You might even feel angry, hurt or embarrassed. These emotions, as well as others, are a normal part of dealing with this loss. Keep in mind, this is a loss — understanding this may help you to understand your reactions.
- Review the information and resources available to you. The following list may help: Look for job opening in other areas of the company. Get references from your manager or others in the company who know your work. Ask about severance packages and payment for unused sick, personal or vacation time. Check on insurance benefits and COBRA. Look into training opportunities. Some companies will pay you to train

for a new job. Use your company's website to check other resources available to you. File for unemployment benefits quickly as it may take some time for benefits to begin. Go to your town/city's unemployment office for job openings and help in brushing up your resume and interview skills. Check your local library for company searches or free internet. The website [USA.gov jobs](https://www.usa.gov/jobs) and education area offers ideas on job hunting and other areas of interest to the job seeker.

- Don't rush into decisions. Discuss this change with the important people in your life. Keep in mind that other family members may also feel shocked, angry or embarrassed. They might be concerned about the changes this will bring to the family. Plan ways to support one another through this change. Discuss your concerns or worries together. Weekly meetings are a good way to check in, brainstorm and talk about concerns. Let others know about the type of job you're looking for if you're job hunting. This is often the best way to find new work.

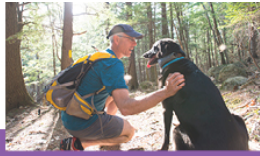
Look at your finances. Consider:

- How long will your emergency fund last?
- Create a budget that focuses on reducing expenses. Consider needs versus wants.
- Your company's EAP website can help you learn more about budgets and managing finances.
- Explore special skills and interests with friends and/or a career counselor. This may help you make money as well as find your future niche.

Don't forget to take care of yourself. Eating a healthy diet, exercising, resting, limiting alcohol and nonprescribed drug use will help you stay focused.

Seek help from your local counseling

This material provides a general overview of the topic. Health information is not a substitute for diagnosis or treatment by a therapist, physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs.



center or EAP if you experience any of the following:

- Difficulty moving on
- Little or no energy
- Anger and/or apathy that interferes with daily life or ability to find new work
- Relationship problems

Others have been in your position. Although it may not seem likely at this time, you may find that this challenge brings new energy, focus and direction to your life. You can get through this time with the help of friends, family, and the many services that are available. Don't give up hope! Use your resources and reach out if needed. You'll find meaningful work again. It may take some time and effort, but it'll be worth it in the end.