

Career Transitions: Understanding and Coping with Job Loss

As with any loss, individuals go through a grief process, experiencing emotional stages that are normal, necessary, and temporary. Allow yourself to navigate through the following stages:

Stage I: Shock, Denial & Disbelief

During this stage, your emotional defense system is at work. It's normal to feel shock, denial, and disbelief. This phase may last for days or weeks. Talk about your experience and feelings to begin the process of coping.



Stage II: Feelings

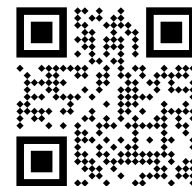
This is the most challenging stage, involving a range of emotions such as sadness, depression, anger, loneliness, anxiety, and sometimes relief. Rationalization, bargaining, or reverting to shock may also occur. Don't isolate yourself; communicate your needs to others.

Stage III: Acceptance and Resolution

In this final stage, embrace new energy and optimism. Accept the past and look toward new possibilities. Seek emotional support and accountability to move forward.

Practical Tips to Cope:

- Keep decision-making to a minimum.
- Allow support from family and friends.
- Avoid mood-altering substances.
- Prioritize exercise, a healthy diet, and rest.
- Practice meditation, prayer, or contemplation.
- Be gentle with yourself.
- Take inventory of the positive aspects.
- Seek professional help if necessary.



REACH counselors are available to provide further assistance and referrals for career transition and loss related concerns. Services are available for employees and household dependents and all information between you and the counselor is strictly confidential.