When the Job isn’t There

Losing a job can be a traumatic experience. Work is an important part of our lives. Work gives us purpose. It puts our energy to use. It is how we contribute. It also provides us with the means to pay our bills. Losing a job can be a very stressful event. Negative emotions are not uncommon - anger, hurt, humiliation, rejection, depression. Recognize what you are going through. Don’t be afraid to ask for help.

- **Avoid bad-mouthing your former employer.**
  - Talking negatively about a former employer almost never results in anything good. It can hurt your chances in a job interview.
  - Focus on your strengths. What you can contribute. And look ahead, not back.

- **Consider taking a part-time job while you look for something more permanent.**
  - Don’t wait for your dream job to fall into your lap. Taking a part-time or temporary job can give you something to do and bring in some income while you look for something more long-term.
  - Be flexible in the work you consider. Sometimes we don’t know that we like the work until after we have been doing the work. Give yourself time to learn and adjust to a new job.

- **Don’t act on feelings of revenge. Don’t act on impulse.**
  - Let time pass. It can help restore perspective.

- **Postpone major purchases and reduce non-essential expenses.**
  - You need to look for ways to reduce stress. This includes financial stress.

- **Avoid alcohol and drug use.**
  - It may be natural to want to escape from problems but substance use is not a good idea. Before you know it, use can escalate and cause more problems. Alcohol and drugs do not promote good decision-making.

- **Don’t push away family and friends.**
  - Spending time with others can help relieve stress.

- **Watch for signs of depression.**
  - If you are experiencing suicidal thoughts, you can call the National Suicide Lifeline 1-800-273-8255 for help 24/7.

Suicide is very much preventable. For more information, go to HelpHimStay.org.