

# PROCESSING A JOB LOSS

## THE 5 STAGES OF GRIEF

With this pandemic, many people will face uncertainty regarding work and risk losing their job. If you find yourself in this unfortunate situation, you will most likely be going through the following 5 stages of grief. Because yes, it is a loss and it is normal to grieve.

### DENIAL



Denial is refusing to believe that anything bad happened. You might stay stuck thinking your employer will reconsider or it's only temporary. Denial is a buffer, initially protecting you from strong emotions, such as anger, and allowing you to continue functioning. It's easy to clam up at this stage and avoid people. It's also a normal stage, but needs to be acknowledged to be able to eventually move on from it and accept the loss.

### ANGER

You will likely become mad at your employer, coworkers or the situation, even at yourself. It's normal to want to vent and let it out. You just need to ensure it's productive and leads to good discussions afterwards. Journaling those feelings can help. Remember to try and avoid making rash decisions that can backfire later.



### BARGAINING



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During this phase, you will try to find ways to improve yourself or get into the "if only" phrases. It's important to feel this stage but make sure not to get too hard on yourself and feel some guilt regarding your job loss. It's important to remember things we did that make us feel proud to keep guilt away.

### DEPRESSION

It's normal to feel depressed and you need to validate those feelings. Once you've given your emotions space to exist, you can start to see the big picture more clearly. It's easy to want it all to be over and move on, but it's important to pause and reflect. You need to keep a daily routine, even at home. It will help you feel accomplished and productive.



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### ACCEPTANCE



You understand what happened, you've experienced it, and you're functioning through it. It's important not to force acceptance. To know if you have really arrived at this final stage, you should be able to talk about the experience with objectivity and accountability.

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## HOW TO BOUNCE BACK



Allow yourself to feel grief and go through the stages. It might take a few days, or weeks and that's normal. Not everyone goes through the stages for the same amount of time.



Establish a routine and stick to it. It will help conserve a sense of normalcy and eventually, you will integrate job search in that routine.

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Look for new opportunities. Did you want to take up a new hobby, broaden your studies or find a new passion? Now might be the time to insert those things in your routine.



Assess your skills, update your resume and social media profiles and notice all you've accomplished so far. It can most likely be applied to other situations or jobs.



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Once you are ready to job search, avoid internalizing rejection and remember that you are looking for a good situation, not just your next job.

Keep positive people around you and ask for help when you feel low. Your family dynamics might change by you being home more and it's important to discuss that.

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Get professional help to guide you through your job search and ensure you have all the tools you need to find your next path.



*That's where we come in!*