

## Coping with Job Loss & Change

Losing a job — whether through redundancy, restructuring, or personal choice — can be one of life's most stressful experiences. It affects not only your financial situation but also your sense of identity, purpose, and stability. Understanding the natural emotional responses to job loss can help you navigate this period with greater self-compassion and resilience.

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### The Emotional Cycle of Job Loss

Much like grief, job loss often triggers a series of emotional stages. These may not occur in order, and you may move back and forth between them:

1. Shock & Numbness – Feeling stunned or unable to process the news.
2. Denial – Hoping it's temporary, or that the situation will reverse.
3. Anger & Frustration – Directing blame towards yourself, others, or the circumstances.
4. Sadness & Loss – Mourning not only income but routine, social contact, and identity.
5. Acceptance – Beginning to acknowledge what has happened and think about next steps.
6. Renewal – Rebuilding confidence, exploring opportunities, and re-establishing purpose.

Knowing these stages can normalise your feelings — there is no “wrong” way to respond.

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### Strategies for Building Resilience

#### 1. Acknowledge Your Feelings

Suppressing emotions can prolong distress. Allow yourself to feel sadness, anger, or worry — these are natural responses. Talking to a counsellor, friend, or support group can help you process them.

#### 2. Create a Daily Routine

A structured day can prevent feelings of aimlessness. Include time for job search activities, exercise, social contact, and relaxation.

#### 3. Stay Connected

Isolation can intensify stress. Keep in touch with friends, family, and former colleagues. Consider joining community groups or online forums.

#### 4. Focus on Your Strengths

List your skills, experiences, and achievements. This can boost self-esteem and help when updating your CV or preparing for interviews.

#### 5. Take Care of Your Body

Exercise, balanced nutrition, and regular sleep all support mental health. Even short walks can lift mood and increase clarity.

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#### 6. Learn & Grow

Use this time to upskill or explore new interests — free online courses, volunteering, or creative hobbies can open unexpected opportunities.

#### 7. Seek Support Early

If you feel overwhelmed, reach out to a counsellor, employment service, or support line. Professional help can make a real difference in recovery.


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### Remember:

Job loss is a change — and change can be the first step towards something new. While the transition can be challenging, it can also open doors to paths you may never have considered. You are more than your job, and your worth is not defined by your employment status.

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### If you need support:

 0490 444 179

 [www.greenhillcounselling.com.au](http://www.greenhillcounselling.com.au)