

Surviving & Thriving After Job Loss

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Surviving and Thriving After Job Loss

Video: Les Brown, "What to do when you feel lost"

Link: <https://www.youtube.com/watch?v=otiiFhqglAk&app=desktop>

Follow Up Activity: What To Do When You Feel Lost:

- * Personal Goal:
- * Professional Goal:
- * Contribution Goal:

You have GREATNESS within you!

“When there is no enemy within, the enemy outside can do you no harm.”

Personal Story on loss

- Shock
- Confusion
- Sadness
- Anger

Grieving the Loss of a Job

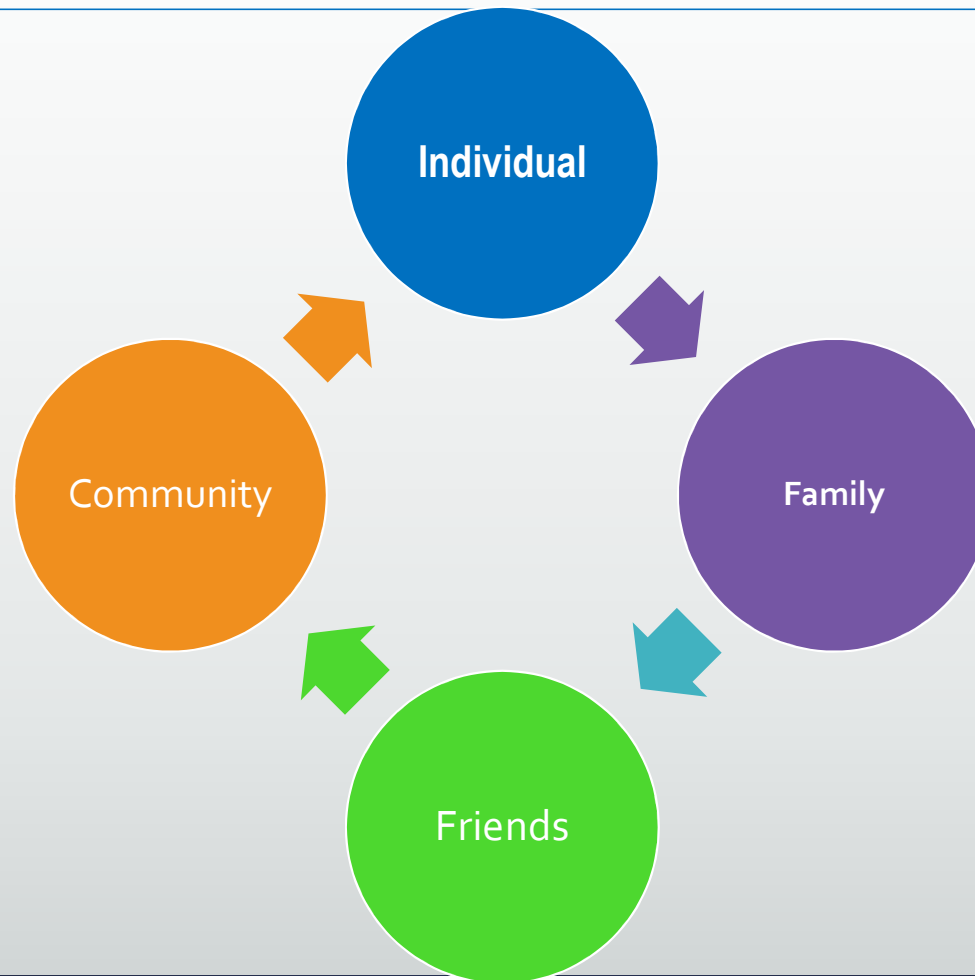
7 Stages of Grief

(Modified Kubler-Ross Model)

Shock*	• Initial paralysis at hearing the bad news.
Denial	• Trying to avoid the inevitable.
Anger	• Frustrated outpouring of bottled-up emotion.
Bargaining	• Seeking in vain for a way out.
Depression	• Final realization of the inevitable.
Testing*	• Seeking realistic solutions.
Acceptance	• Finally finding the way forward.

* This model is extended slightly from the original Kubler-Ross model, which does not explicitly include the Shock and Testing stages. These stages however are often useful to understand and to facilitate change.

Job Loss Affects More than the Individual...



Loss is a Form of Trauma

How Trauma Effects the Brain:

During trauma your amygdala (an almond-shaped mass located deep in your inner your brain) is responsible for emotions and actions motivated by survival needs. In threatening situations it:

- * **Increases your arousal and autonomic responses associated with fear**
- * **Activates the release of stress hormones**
- * **Engages your emotional response**

<https://www.healthyplace.com/blogs/traumaptsdblog/2013/11/three-ways-trauma-affects-your-brain>

Effects of Trauma on the Brain continued...

After trauma the following can happen:

- Your lower brain processes responsible for instinct and emotion override the inhibitory strength of the cortex so that the cortex cannot properly stop inappropriate reactions or refocus your attention
- Blood flow to the left prefrontal lobe can decrease, so you have less ability for language, memory and other left lobe functions.
- Blood flow to your right prefrontal lobe can increase, so you experience more sorrow, sadness and anger

<https://www.healthyplace.com/blogs/traumaptsdblog/2013/11/three-ways-trauma-affects-your-brain>

Having Awareness through Job Loss

- Job Loss often leads to Isolation
- Isolation is often due to decreased contact with friends and co-workers
- Feelings of fear, worry, self-doubt often can lead the unemployed to slowly withdraw

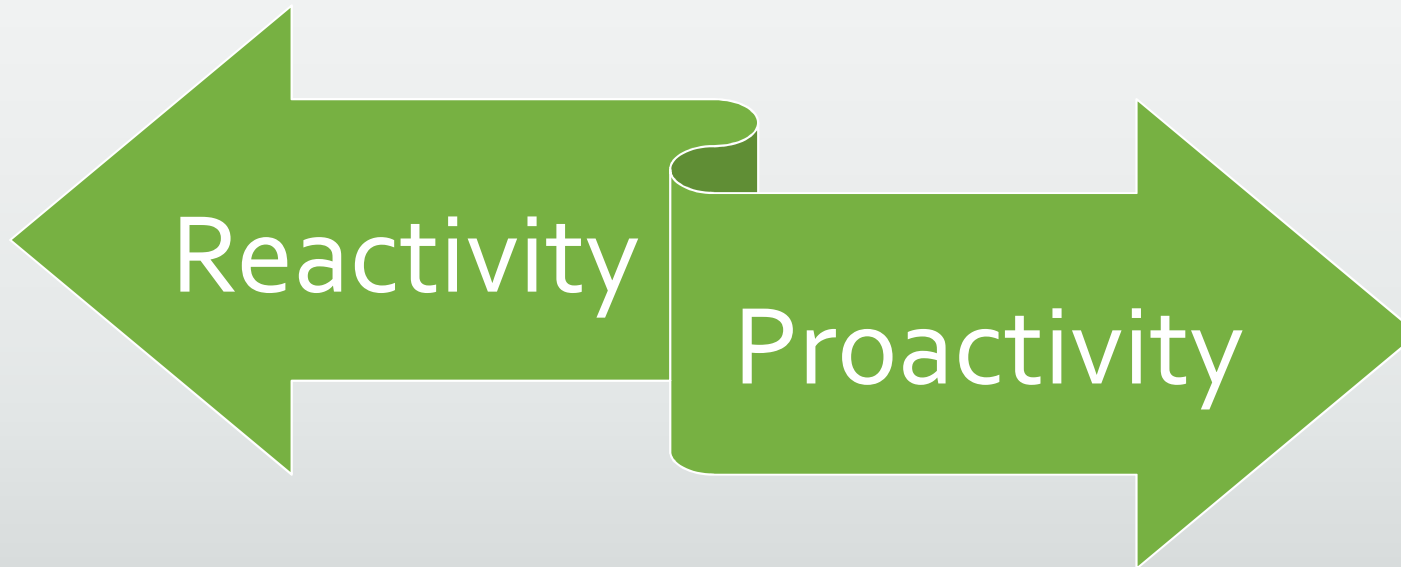
Stepping out of the Isolation and into HOPE

How to avoid the trap of isolation with job loss

- * Identify a support network
- * Get involved through volunteering
- * Spend time engaging in enjoyable activities

Article, "Some Thoughts for the Unemployed on Avoiding the Trap of Social Isolation"-Dr. John L. Manni

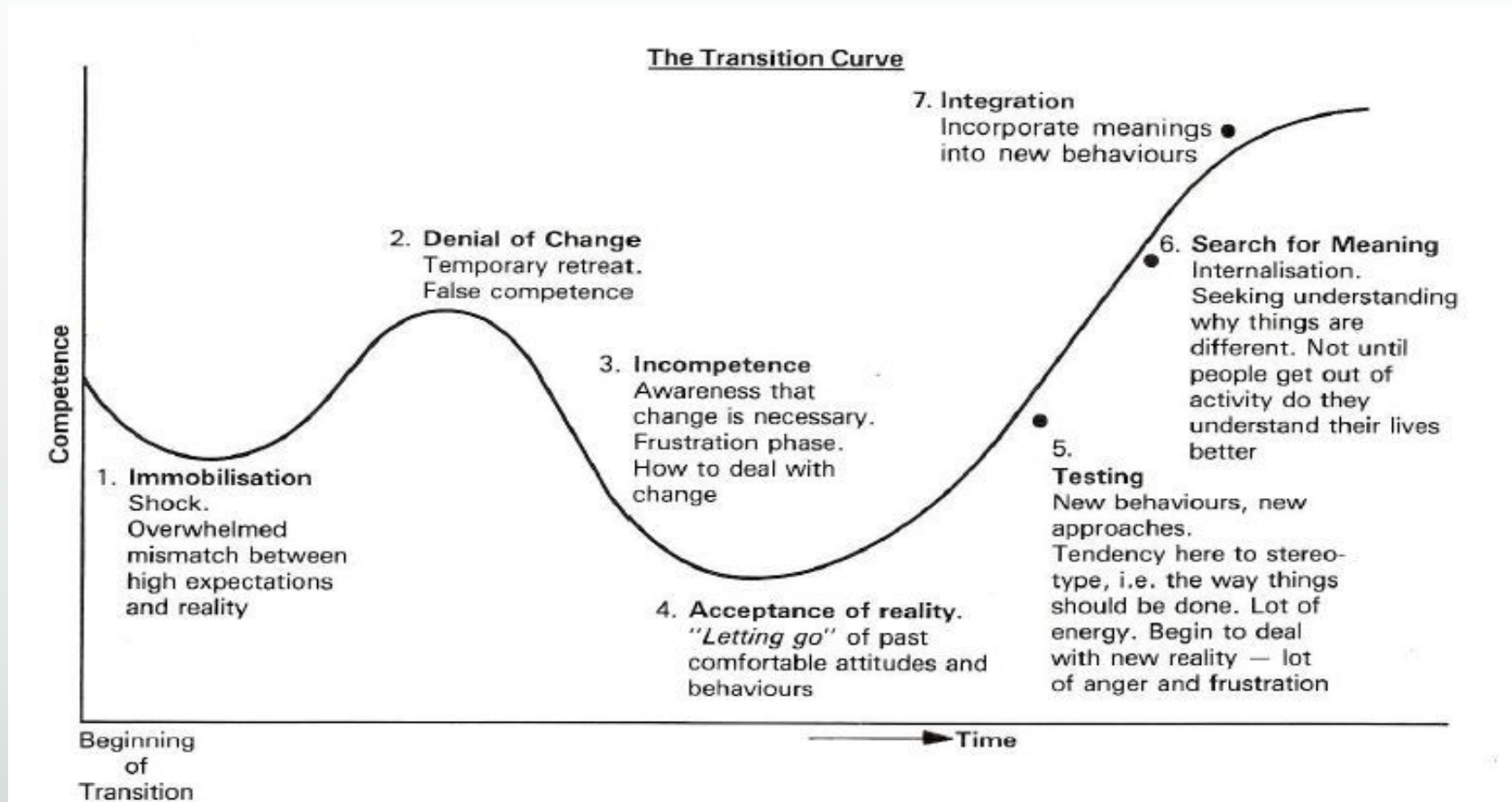
PROACTIVITY VS. REACTIVITY



Taking the Steps to be Proactive

- Acceptance
- Embracing the situation
- Sitting with the discomfort

Transformation of Self Through Change



Transition Stages

Activity with Transition Stages Chart

- Stages
- Characteristics
- Action Steps

Having a Happy Brain

Focusing on the positive:

- Stimulates the growth of nerve connections
- Improves cognition by increasing mental productivity
- Improves your ability to analyze and think
- Affects your view of surroundings
- Increases attentiveness
- Leads to more happy thoughts
- Happy people are more creative, solve problems faster, and tend to be more mentally alert

Happy Brain Happy Life- Susan Reynolds

Importance of Self-Care

What do you do to practice self-care?

Discovering Who You Are...

Think of a recent experience that was extremely challenging (perhaps it was a job loss)

What did you learn about yourself through this process?

What are you grateful for from this experience?

Thank-you and remember...



DEVELOP SUCCESS FROM FAILURES.
DISCOURAGEMENT AND FAILURE
ARE TWO OF THE SUREST
STEPPING STONES TO SUCCESS.

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