

Coping with Layoffs

RIFs and budget cuts are in the forefront of everyone's mind. The result for many is increased fear, uncertainty, and stress. The threat of job loss and changes in workplace roles can be among the most stressful life events.

When stress on the job interferes with your ability to work, care for yourself, or manage your personal life it's time to take action. Learning new ways of coping and taking care of yourself will help you be stronger and more resilient.

- **Take time away.** When you feel stress building or your mind freezing up with anxiety it's time to take a break. A short walk or a few minutes meditating can help calm you. (EASE relaxation audio clips are available at www.lacoe.edu/orgs/290/index.cfm).
- **Talk it out.** Sometimes the best stress-reducer is simply sharing your struggles with someone close to you or a professional counselor.
- **Cultivate allies at work.** Knowing you have co-workers who will provide support in times of stress will help ease the burden.
- **Don't blame yourself.** It's painful to be caught off guard by unexpected changes. Replaying thoughts of what you could have done differently doesn't help. Remind yourself that difficult times are part of life, and that they will pass in time.

Let's do all we can to summon positive thoughts and energy, provide support for one another, and meet these challenges as best we can. **EASE is here to provide confidential counseling and support. Please call us if you need to talk (800) 862-1431.**



“Strength is the courage...to reach out!”