

Rands with Sense

What To Do When Losing Your Job

- When you find yourself in the unfortunate position of losing your job, the first thing you have to do is **face your feelings**. Fear, anxiety and depression are normal reactions to job loss, but dwelling on these feelings can make it harder for you to get back on the job market. Acknowledge your feelings and challenge your negative thoughts. It's the only way you can accept your reality, move on and make things better.
- **Find the positive side**. Maybe you were unhappy at your job. Maybe you worked long hours or didn't really get along with your colleagues. Think about finding another job as a new opportunity for you to improve your life. A change might be just the thing you need.
- **Be pro-active**. Keep a regular routine and create a job search plan. List all your skills, talents and experiences to see where you might possibly be able to find your next job. Do volunteer work. By volunteering while you are looking for a job, you are not only gaining more experience, but you are also putting yourself out there and networking with different people. Staying active will also prevent you from sinking back into negative feelings of fear, anxiety and depression.
- **Cut back on spendings**. When you are unemployed, or in between jobs, you need to take extra care of your finances. Try to cut back wherever you can, and practice discipline. This is the only way you will be able to manage your RandsWith Sense.

