

Surviving A Job Loss

Many people get depressed and experience feelings of bitterness and hopelessness after a job loss. It is tough getting over rejection, but there are many ways to move beyond bitter feelings of despair. Remorse, regret and despair are emotions that will get you nowhere. As the old adage goes 'don't cry over spilled milk'. What has happened has happened and so its time to move on and start a better life. But moving on can be a difficult process, so here are several ways to help you survive the loss of your job: **Ways To Get Over Losing Your Job**

- Try to let go - The initial reaction for most people who experience a job loss will always be shock, followed by intense anger and then the feeling of being victimized. While these are normal reactions, dwelling on them for days on end will not help. The best thing to do is to try and move on. The worst thing you can do is wallow in self-pity.
- Find out why - If you've been sacked, you need to find out the reason as to why this happened. In many cases, it has absolutely nothing to do with you, but if it does, then you must find out the reason so it will never be repeated again. If your performance, attitude, abilities or behavior were to blame, then try to learn from the experience and never repeat the same mistakes again. Getting fired can sometimes be an eye-opener that spurs people towards positive change and a better future.
- Don't blame everyone around you - A layoff is completely different from a firing. Most of the time, layoffs deal with company decisions to downsize, or restructure and are very rarely are they about you as an individual. So it is very important to not take this situation too seriously - and you must never allow it to turn you into a bitter, angry person.
- "Misery loves company" Yes, it is important for you to grieve, get frustrated, and angry. But what you shouldn't do is dwell on the fact that you've been fired for too long. It might relieve you to badmouth your employer, but in doing so, you are badmouthing yourself as well as everyone around you. Never discuss bad layoffs at job interviews. By doing this, you can damage your job prospects and you can isolate yourself by remaining bitter and withdrawn.
- Positive thinking and productivity - Try writing down all your thoughts in a journal and limiting the amount of time to be angry. Find positive people who can lift you up and try to keep yourself busy with job-related and non-job related activities. By cutting out all the negativity and focusing on the positive, not only will you be more productive, but also you will be out of the dumps in no time at all and on your way to new and better job much faster.

About the Author

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