

How to Recover from Job Loss

Losing your job can be one of life's most stressful life events whether you were laid off or fired. The emotional toll of needing to find a new job quickly to alleviate making financial stress even worse can be devastating.

Currently, many people are seeing what couldn't have been foreseen: massive job loss due to COVID-19. According to the US Department of Labor, more than 20 million people in the United States lost their job in only one month's time, mostly due to the pandemic.

(<https://www.reuters.com/article/us-usa-economy/coronavirus-deals-u-s-economy-great-depression-like-job-losses-high-unemployment-idUSKBN22K1NS>)

So - what is a person to do? Here are a few suggestions:

1. The very first thing to do is to allow yourself time to process what happened. Decompress, be frustrated, and/or grieve. The important thing is to not get lost in your grief and to move forward as quickly as possible.
2. While losing your job may be completely or partially out of your control, how you respond to it is fully in your control. Take this as an opportunity to turn something seemingly negative into a positive – *opportunity* being the key word.
3. While it can take time, it is important to not take the job loss personally. Being told an employer does not want you to work for them anymore can be emotionally taxing. Accepting their reasons is crucial – whether they were downsizing or were unhappy with your work, remember that they had to prioritize keeping their business running. Either way, there are more opportunities for you around the corner.
4. Do not criticize former managers or your employer in future interviews or when talking to others outside of your closest circle.

This can rarely serve you well as it will make you look unprofessional and bitter to new employers.

5. If you have been fired and are at fault, consider asking your employer for feedback on what you could do better or if they have suggestions for you while you search for a new job. This should only be done if appropriate in your situation, but many times it can show humility and the willingness to learn from your mistakes.
6. Look into community agencies that can help you transition through this time. FSET, for example, offers employment and training support which includes help with writing/updating your resume, mock interviewing, workshops, transportation financial assistance, education assistance and much more. FSET will also refer you to other community resources to get you back on your feet in no time.
7. Network! Think of people you have worked with in the past and start reaching out to them again. Let them know your circumstance and see if they know about any jobs available that you would be qualified for. Networking is a great way to get the word out there and to establish new connections.
8. While you are at it, make sure your references are current and that they are aware that you'll be putting their information down on applications. Make sure you have their current e-mail and phone information, so employers have no issues getting in contact with them.
9. Update your resume. With your recent job loss you will need to edit your existing resume. If you have never had a resume, now is the time to create one as many employers are requesting a resume in the application process. Plus, this is an opportunity to advertise and showcase yourself as you want to.
10. Practice interviewing. If you have not had to interview in a while, it is important to prepare. Many employers have moved into behavioral based interview questions which can be difficult to

answer if you are not prepared. Preparing via mock interviewing is also helpful. Remember to figure out what to say when asked why you left your last job and practice your response. FSET has many suggestions to help you with this!

11. Consider your goals. Were you happy in your last job that you lost? Maybe a career change to a different industry would be better for you, or perhaps pursuing further education opportunities would be a good idea in this season of life. Explore your many options with your FSET case manager before rushing into the first job that is offered to you.

This are only a few suggestions on what to do after losing your job and how to recover. Remember – everyone is different and requires a different amount of time to transition to their next opportunity. FSET is here for you and ready to help you find a job that meets your needs, skills, and life goals. Just call 715-421-8608 for more information!