



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

Coping with Job Layoff

Common Reactions to Job Loss or Layoff:

Emotional Responses:

- Shock
- Anger toward others involved
- Fear
- Guilt
- Frustration
- Sadness
- Feeling Unsafe or Vulnerable
- Anxiety

Physical Responses:

- Changes in sleep patterns
- Change in appetite
- Shallow, rapid breathing
- Dizziness
- Headaches
- Muscle Tension
- Increased Heart Rate
- Stomach Upset
- Fatigue

Mental Responses:

- Confusion
- Difficulty concentrating
- Difficulty remembering details

Behavioral Responses:

- Withdrawal from others
- Irritability
- Marital/Relationship conflict
- Increased alcohol/drug use

When dealing with the stress of a job loss, be sure to:

- Take care of yourself by getting enough rest, eating well, and exercising.
- Seek information when you need it.
- Share your feelings with people you trust.
- Others may not know how to respond to your feelings. Let them know which responses are helpful and which are not.
- Talk with your Human Resources Department regarding what benefits/services are available to you.
- Review your current budget and make adjustments that may be necessary.
- Take time for leisure activities.
- Seek the help of a professional counselor if you are worried about yourself or your family, or if you just need to talk things over.

You and your family members are eligible to see, at no cost to you, a professional counselor through your Employee Assistance Program.

Call us at (808) 597-8222 to schedule a time to meet with a counselor near you. All services are strictly confidential..

Employee Assistance of the Pacific

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