



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

# Layoff Survivor 101

**Responding to the loss of a job is often the same as with other losses:**

- 1. Denial**
- 2. Anger**
- 3. Fear**
- 4. Depression**
- 5. Acceptance**

**Acknowledge the loss.**

**Possible Reactions:**

- Fear/insecurity/worry/anxiety
- Sadness
- Anger
- Withdrawal
- Guilt
- Relief
- Anticipation

**Maintain Good Self-Care.**

- Nutrition
- Sleep
- Exercise
- Uplifting activities

**Ignore rumors.**

- Seek accurate information instead

**Keep communication channels with your boss open.**

**Empower yourself.**

- Update your resume.
- Increase networking opportunities.

**Take control of your budget.**

**Two coping strategies:**

- Use solution-focused thinking — designed to eliminate problems
- Reduce symptoms — to lessen the sense of hardship you are experiencing

**Take time to review what you can and cannot realistically control.**

**I can control**

- My time
- My attitude
- How I treat others
- How I treat myself
- My emotions
- My reactions

**I cannot control**

- The unexpected
- Others' attitudes
- How others treat me
- What people think, say, and do
- Others' emotions
- Others' reactions

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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