

STEPS TO TAKE AFTER GETTING LAID OFF



Summary: *Finding yourself unemployed suddenly and unexpectedly is just a bump in the road if you can gain these lessons out of it.*

It may be hard to believe at the moment but getting laid off can turn into a blessing in disguise. For many that find themselves unexpectedly without a job, they learn important lessons about themselves that they would not have otherwise. When you find yourself without a job, there are a number of steps that can be taken to make the transition smoother and to make the most of it as well.

Move On

While it is a sad thing to lose your job, and the possible years of hard work you have put in there, hanging onto something that no longer exists is a waste of time and effort. As counselor Terri DiMatteo said, “Those dealing with job loss may be surprised to find themselves experiencing grief associated with loss of identity, of professional colleagues, and of the work routine. The unexpected silver lining, however, can be the discovery of renewed passions that lay dormant while employed.”

Rediscover Yourself

Once you are over your lost job and ready to move on, you can start to rediscover your interests. Generally, we lose ourselves to our work. Our time is taken up by work so we lose touch with the things that bring us joy. Now unemployed, you have time to get back into those things you enjoy.

Overcome Fear

Letting fear rule your decisions can lead to very bad choices. Taking the first job offer you receive because you are afraid of being unemployed even though the job is not a great fit does not do you any good. You have an opportunity to pour all your energy and time into finding or building the right job for you so don't waste it.

Resist Temptation

You are unemployed so you need to be smart with your money and time. You may be thinking that since you don't have a job you can do whatever you want, including binge watching Netflix for days on end. Keep up the good habits like getting dressed every morning, working out, eating healthy, etc. Keep active in your life. Get out and volunteer or attend events to maintain a social life and possibly grow your network.

Stay Happy

Letting the reality of your situation take over can be a little depressing. You will have to find a way to keep a sense of humor as you send off application after application, smooching every person in your network that you can think of. You may be out of practice with the new trend of quirky interview questions or style of updated resumes. Don't let it beat you over the head. Just laugh off your mistakes or old-fashioned senses and learn how to improve.

Have you ever been laid off? How did you handle it? Did you jump right back into another job or take your time to find the right fit? Share your experiences with us in the comments below.

To learn more about how to handle being laid off, read these articles:

- [The Emotions of Being Laid Off](#)
- [How to Tell if You Are Lay Off Material: Will You Be Laid Off Next?](#)
- [Top 5 Ways for a Successful Job Search after Being Laid Off \[Again!\]](#)

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