

HOW DO I COPE WITH A CHANGE IN EMPLOYMENT?

You may get promoted and your position changes, this demands coping. Again you may change your job; this too brings employment change. Hence it would also demand some sort of coping. Newer the situation or place is, more coping would be required to be employed. Certain attitude can be employed to help you cope with a work change.

- In case the work change is happening within the company; you should develop a positive attitude toward it and embrace it with acceptance. Your designation might have changed but you haven't. And have faith in your self. If you have been given a post, you must be capable of it. And in addition, you really do not want others and your boss to have an impression that you cannot cope well with changes.
 - When faced with a change in work, you should always try to establish stronger relationships with them instead of letting your frustration out on them.
 - If your work change is shocking for you, let the initial negative feelings and reactions settle. Give yourself time to decide what step next should be lucrative for you. Do not all of a sudden change your job without much deliberation.
 - In case of a job loss, do not get scared or disheartened and hopeless. It is very natural for it to be difficult to accept but convincing yourself to do so can be easy. Look into the brighter side of it. What new can you pursue? Think in the terms that it might have opened new avenues for you.
 - People might ask questions out of curiosity. Take the questions on proper stride and answer them with a short and sweet explanation. There's no need to elaborate. Let them know only the amount of information they must know.
 - Losing a does not mean you will never get a job again. Stop regretting and grumbling and instead make use of the network of people that you have so far created. Tell them about the problem. This might just help you find the new job faster.
 - It might be a boon to have lost your job, especially if you had no as such fondness for it. Make a list of your preferences and dislikes. Now select the areas of your preferences and find out what kind of a career change would satisfy your needs and interest. Then post your resume to the respective offices. Don't waste time cribbing about the one you have lost, care for the one that might come your way.
- Coping with a change in environment or work change can be easy, only if you are ready to make it easy for you and it all depends on the way you plan to cope with it.