



Resiliency While Experiencing Job Loss

1. Write about what upsets you.

Include all the things you would like to have said to your previous bosses but couldn't. Continue expressing your feelings until you feel emptied, then throw it away.

2. Reach out for support, it's okay to grieve.

Do not feel uneasy about asking for support. We all need it.

3. Discover value in your experience.

What skills have you acquired while working? What have you learned from this experience? How has it made you a stronger, better person?

4. Write a detailed description of what you do well and practice talking about your reliable strengths.

Describe specific projects or assignments you feel proud about. Describe your people skills. Describe your passion for your work.

5. Do what revitalizes you. Enjoy pleasant moments each day.

Positive emotions expand your problem-solving skills and strengthen your resiliency!

**Haywood Health &
Human Services**

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