

Keeping Up When You're Feeling Down

Losing your job through no fault of your own can be emotionally draining. You need to know that you have the energy to search for work and be pleasant, positive, optimistic, relaxed, and self-confident when sometimes you just don't feel that way. Here are some helpful hints for handling the emotional challenge of dealing with job loss and keeping up when you're feeling down:

Participate in a support group. Link up with others like yourself. Talk about how to find employment opportunities and help each other discover good prospects. Take advantage of the activities that are being offered locally and/or on line. The Adirondack Chamber of Commerce has an extensive list of information available through its Work United effort.

Rebuild your self-esteem. Make a list of everything you like and appreciate about yourself. Describe your people skills. Describe what equipment or software you run well. Include all the things you've done in the past year that you like yourself for doing and are most proud of.

Find your energy. If you ever used work as an excuse that you did not have the time to exercise and take care of yourself, those days are now over. Exercise provides you with a routine and a renewed source of energy that puts you in a more positive frame of mind. Whether it takes the form of walking, an all out workout at your favorite gym, or something in between – make the move. If exercise is not an option for you, make an appointment to get that massage or special treatment. A lot of local spas are offering discounted rates on services these days. Take advantage of being out of the work environment where food and candy were abundant and restructure your eating habits around your new healthy life style. Once you start taking care of yourself, you will be amazed at the amount of energy you have and how great you feel about yourself.

Find the gift. Ask yourself: Why was it good that this happened? What have you learned from this experience? How has it made you a stronger, better person? Prospective employers are impressed with someone who can admit to being upset and distressed, but have managed to find value in the experience. Practice telling people, "It was rough at first, but I'm glad it happened because...."

Hang around with positive people – and be one yourself. Nothing brings you down more than being around negative influences. Steer clear of those who drag you down and say negative things all the time. Personally make the choice: You can wake up and mutter to yourself "this is going be a cruddy day" or you can tell yourself "this is going be a great day!" That immediate choice is the start of a great attitude and a great day.

Charles Darwin said it best, "*It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to the change.*" Respond to the changes you face in a positive way and the rest will fall into place.