



Top 10 Ways to Cope with Job Transition

by Nancy Paul

Job transitions can be stressful—whether they’re due to layoff, a new job or working extra hours because others workers were laid off. If you’re facing one, consider the following.

- 1. Take an honest look at yourself.** What are your strengths, weaknesses, skills? How did those influence—positively or negatively—your transition?
- 2. Step up your self-care.** Major changes are physically and emotionally taxing. You need self-care now more than ever.
- 3. Engage your curiosity.** What went wrong, or right? What could you have done better? What worked really well?
- 4. Focus on what you want** and less on what you don’t want. Keep your eye on the prize.
- 5. Find support.** Since your transition affects your family as well, it may be better to seek the outside support of friends or professionals.
- 6. Work on your thoughts.** Calm your fears and reinforce your sense of hope and happiness.
- 7. Reassure** (or avoid) those who are threatened by, or jealous of, the change.
- 8. Create your own rite of passage.** Ceremony and ritual help with all transitions.
- 9. Let go of how things were “supposed to be”** and accept “how things are.” Find appreciation for what is.
- 10. Keep things in perspective.** Or try on a new perspective. Don’t get stuck. Remember, the only constant is change.

To explore these steps further, or for additional help with a job, career or life transition, contact [Nancy Paul](mailto:Nancy@LifeRelationshipCoach.com) at New Perspectives Coaching, LLC at Nancy@LifeRelationshipCoach.com.

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