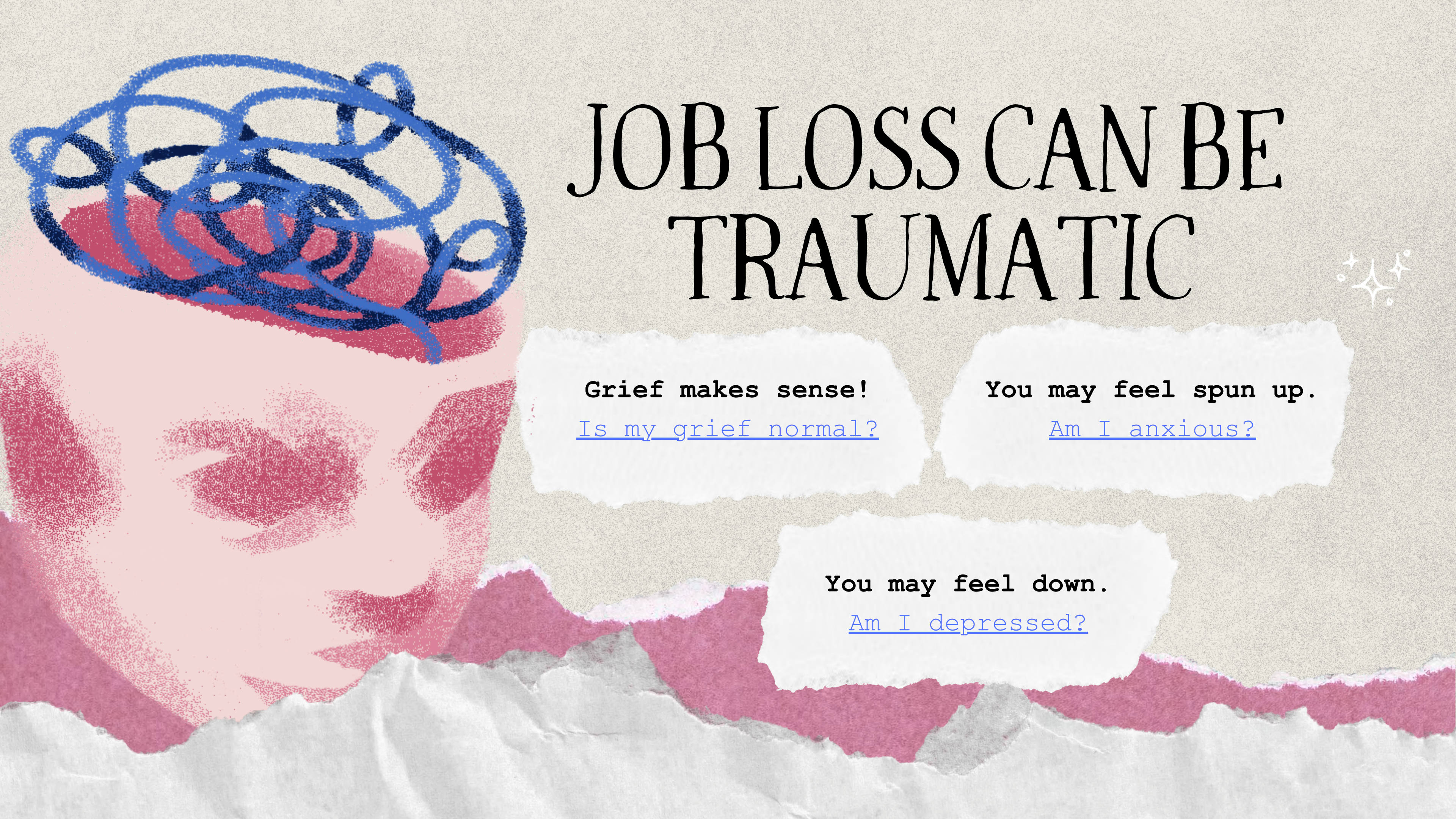




JOB LOSS CAN BE TRAUMATIC

Grief makes sense!

Is my grief normal?

You may feel spun up.

Am I anxious?

You may feel down.

Am I depressed?



WHAT CAN I DO?

Some of your grief and stress will come and go without you doing a thing. But participating in your own process can reduce symptoms and empower you derive meaning from the experience.

TIPS

- Keep a schedule
- Take the opportunity for extras
- See a therapist
- [Connect the DOTS to recognize patterns of avoidance](#)
- Get "good food, good rest, and good people!"
- [Check out this book](#)