



## *Surviving During Uncertainty*

Uncertainty about the future layoffs is stressful, no question of that! Security is essential to life. Your security comes from being paid money and having a job to go to daily. Now lay-offs are on the horizon. You and your family do not know whether you will be one of the people to be laid off.

### **How do you keep your morale up and how much do you prepare for it?**

First of all, accept that you will have strong emotional responses to this difficult time. It can also result in physical reactions. It is common, in fact, quite normal, to experience these responses. You may be fearful, angry, sad, and anxious. You may be having physical symptoms such as headaches, stomach aches, or trouble sleeping. You may find yourself snapping at loved ones, or withdrawing. All this is understandable, which reinforces that this is a time to ask for support. You may feel like clamming up and suffering in silence, but this the time to talk. Acknowledge your fears, your anger and other feelings.

In addition to talking out your feelings, practice good self care:

- Get plenty of rest
- Eat a well-balanced diet
- Exercise regularly
- Stay away from mood-altering substances
- Use stress management skills such as, deep breathing, mediation, and progressive relaxation
- Have some fun (yes, you deserve it!)
- Use prayer, meditation, journal writing and positive self-talk to help sort things out

Remember everyone is different in responding to this. Those who are already struggling with other issues may be more at risk for having serious difficulty coping. Do not judge yourself or others!

Please remember that your employee assistance program is here for you. *Solutions EAP* is a **free, confidential** source for **counseling, assessment and referral for you and your family members.**

All you need to do is call **800-526-3485** to set up an appointment with a counselor at a time and place convenient to you and/or your family member. If you need help after hours, our 800 number is staffed by counselors to help. **Remember, the EAP is free and confidential.**

Please check out our web site at [www.solutions-eap.com](http://www.solutions-eap.com) for more valuable information.