

## You've Received Hard News of Being Laid Off - How Are You Doing?

Being laid off can be very traumatic. Receiving news of a layoff can cause an individual to experience unusually strong emotional reactions. Such feelings have the potential to interfere with one's ability to function. It is very common, and quite normal, for people to experience significant reactions (stress responses) immediately after or in the days, weeks, and months following a traumatic event.

Everyone will have their own response to hearing they are laid off. Some will experience immediate shock and distress, some will feel fine or even a sense of relief. Others will be okay for a while, but struggle with strong emotions or responses later on. Whatever your response is, know that it is a normal reaction to an abnormal situation. **Whatever you are feeling is okay.**

### What are the Common Signs of a Stress Response?

Everyone's reaction to stress is unique but there are [common signs and signals of stress](#) that you may experience. Knowing what these are can help you normalize your reactions and those of people around you.

### What Can I Do if I'm in a Stress Response?

<b>Sleep</b>	<ul style="list-style-type: none"> <li>● Maintain as normal a schedule as possible.</li> <li>● Get plenty of rest, you may need more than usual.</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>● Eat well-balanced meals and snacks (even if you don't feel like it).</li> <li>● Avoid overuse of drugs or alcohol.</li> <li>● Monitor your caffeine intake, as caffeine can make you more agitated.</li> </ul>
<b>Exercise</b>	<ul style="list-style-type: none"> <li>● Get some exercise (eg: a brisk walk).</li> <li>● Alternating activity with periods of rest/relaxation will alleviate some of the physical reactions and lower stress.</li> </ul>
<b>Other Strategies</b>	<ul style="list-style-type: none"> <li>● Remind yourself that having a number of reactions is common and natural.</li> <li>● Take time to talk to and share your reactions, thoughts and feelings with those close to you.</li> <li>● Be gentle and patient with yourself.</li> <li>● Focus on day-to-day decisions and tasks that give you a sense of control in your life.</li> <li>● Structuring your time with scheduled activities and routines can keep you from dwelling on negative thoughts.</li> </ul>

## Where To Turn For Support

The resources below can help support your mental wellness. They are free, confidential, and available to all City Employees who have been laid off.

<b>Are you in crisis?</b>	<p>Call <b>911</b> for emergencies or where there may be an imminent risk to safety.</p> <p><a href="#">AHS Addiction &amp; Mental Health 24/7</a> 780-424-2424 <a href="#">Homewood Health</a> Employee and Family Assistance Program 1-800-663-1142 <a href="#">City Chaplain</a> 780-496-7863</p>
<b>Would you like to talk to someone?</b>	<p><a href="#">Homewood Health</a> - Access to free, short-term counselling for all City employees.</p> <ul style="list-style-type: none"><li>• <a href="#">Contacting Homewood Health FAQs</a></li><li>• <a href="#">Resources at your fingertips: Homewood Health - Homeweb</a></li></ul> <p><a href="#">City of Edmonton City Chaplain</a> has extensive experience in the care and support of those going through crisis, stress and grief.</p>
<b>Are you looking for resources to build your resiliency?</b>	<p><a href="#">Employee Wellness and Supports</a> web page on onecity <a href="#">Personal Employee Resilience Plan Workbook</a> <a href="#">Mental Health Support for City Employees</a> - list of resources available to all City employees.</p> <p>If you are having issues accessing these resources, contact <a href="mailto:employeeewellness@edmonton.ca">employeeewellness@edmonton.ca</a> or call 780-944-0724 for assistance.</p>
<b>Further reading</b>	<p><a href="#">It's Ok to Not Feel Ok</a> <a href="#">Dealing with Loss and Grief</a> <a href="#">Caring for Yourself and Others During Times of Uncertainty</a></p>
<b>Stay in touch!</b>	<p>If you would like to keep in contact regarding information and resources available to you through the City of Edmonton, please email or call the Mental Health/Healthy Living Team at <a href="mailto:employeeewellness@edmonton.ca">employeeewellness@edmonton.ca</a> or 780-944-0724.</p>