

# Life after redundancy

If the worst has happened and you've lost your job, follow life coach Liz Wilde's six positive steps

## 1 Stop the negative spiral

Reality is never as scary as the stories we tell ourselves. The fear that grips your stomach as you picture yourself losing your home and living in poverty for the rest of your life is just that. Fear. So each time you catch yourself on a negative spiral (and you will), stop and ask yourself some simple questions: Is that true? Do I really know I'm never going to work again? How can I be sure I will lose my home? Then just think of the opposite...

## 2 Ask what else is possible

Instead of wallowing in your fears, change your perspective by asking yourself another question: What else is possible? This immediately takes you from, 'I can't... cope, pay the bills, breathe...' to 'How can I...?': a much more powerful place to be. How can I begin looking for another job? How can I take steps to feel more financially secure? Ask your brain a 'How can I?' question and it automatically starts looking for answers.

## 3 Go on a media diet

The world is what you think it is, and it's almost impossible to stay positive when you're absorbing daily media scare stories. There's no denying we're currently facing financial difficulties, but a huge amount of fear is being created by the media. What we focus on increases, so ditch the negativity and go on a temporary media diet. Avoid any newspaper story, TV or radio show discussing the credit crunch, and gently side-step doom and gloom conversations. Notice how much better you feel.

## 4 Learn how to boost your self-image

Before approaching a potential employer, boost your self-image by creating a mental movie. Make a list of your career highlights, including every piece of positive feedback you can remember. Then piece together a two-minute short film of your key moments. Practise running through the movie in your mind until it flows, and then press play whenever you need a quick shot of confidence.

## 5 Allow yourself time to recover

You have suffered a loss, so be kind to yourself. The primal emotional needs are belonging and territory, both of which can be threatened by losing your job. You are no longer part of a team, and you may also feel you have lost your power and identity. It's natural to feel angry and sad, so give yourself time to recover. And resist the urge to take it personally. Losing your job does not make you less worthwhile.

## 6 See it as a blessing in disguise

Ironically, many people end up seeing their redundancy as a blessing in disguise. If you've been quite literally making the best of a bad job, now is your chance to create changes. You may think exploring other options will just make you feel more disorientated, but only two things can happen. Either you'll find that what you're doing now isn't nearly so bad once you compare it with what else is out there (and therefore, appreciate it more), or you'll find something that suits you better. ▷