

Managing Stress During Career Transition

Losing a job is stressful—one of life's biggest challenges. We want you to stay healthy, safe, and at your best as you prepare for your next opportunity.

It's well established that job loss and the job search process are among the most stressful life events. The [Holmes-Rahe Stress Scale](#) places job loss as the 8th most stressful life event. High stress levels can increase the risk of illness and affect your overall health, so it's essential to recognize the impact and take steps to manage it effectively.

Take Care of Yourself

Managing stress is crucial to staying focused and confident during your job search. Healthy coping strategies like exercise, good nutrition, and positive connections with friends and family can help you reduce stress and stay mentally and physically strong.

Why This Matters

Job loss can significantly increase stress, pushing you closer to higher health risks. Stress is not just about how you feel emotionally; it can impact your physical health, decision-making, and overall well-being. Research shows that major life changes—both positive and negative—can significantly affect your health and well-being.

How to Lower Stress and Stay Healthy

1. Stay active. Regular exercise helps reduce tension and improve your mood.
2. Eat well. Balanced meals give you the energy and mental clarity to manage challenges.
3. Connect with others. Lean on friends, family, and support groups for encouragement and advice.
4. Take breaks. It's okay to step away from your job search and recharge when necessary.
5. Seek support. Talking to a career advisor or mental health professional can help you process emotions and develop effective coping strategies.

Moving Forward with Confidence

Recognizing and managing stress is key to staying focused and confident during your job search. By caring for yourself and finding healthy ways to manage change, you'll be better prepared to tackle the challenges and secure a successful next chapter in your career.