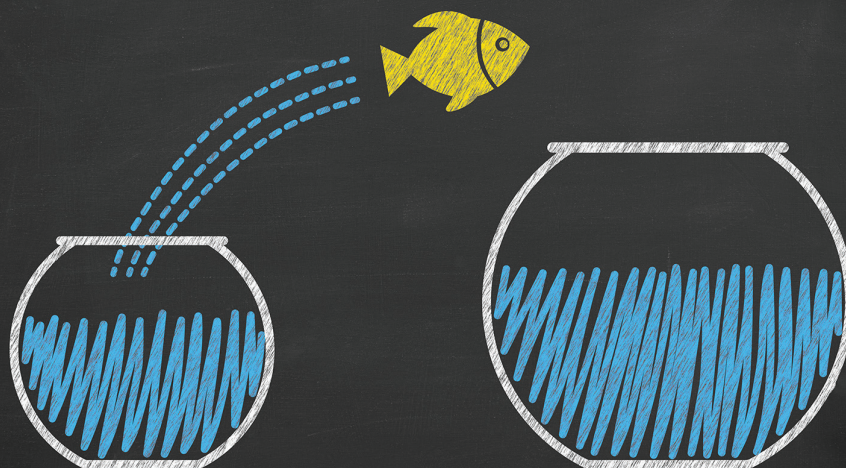


Ways to Cope with Major Job Changes

These feelings are normal.



Whether you are a new employee or an employee moving to a new role or another shift, change can create uncomfortable feelings. These feelings are normal. Here are some tips to help with the transition.

Acknowledge how the change affects you and your family. Be honest with yourself about how this is affecting you and your loved ones. Then look for the positive aspects about the change. For example, maybe you are a new employee and one of the positives is the long-term career potential with your new job. Realize that it may take a bit of time for everyone to acclimate to the change in your career.

Commit to the process. It takes time to get used to a new role and learn the skills needed to be successful and you may feel overwhelmed at times. Make a decision to stick with it and be open to learn what you need to learn to become successful. Know that you may make some mistakes.

Seek the training you need to be successful. Get support and guidance on ways to become successful in your new role. This can come from a good mentor, guidance from people who have been in the same situation, or people who have more experience. Learn everything you can about your new role. Ask questions when you are not certain about how to do things.

Care for yourself. Sometimes, when we are anxious, overwhelmed or stressed, we neglect basic care of ourselves. Focus on eating healthy meals, getting enough sleep and exercise.

Balance work and home life. Sometimes with a major job change, you find that your home life is affected in ways you did not anticipate. For example, maybe you need to adjust your childcare provider to find one that works for your schedule. Sometimes you must rely on family and trusted friends more to help you with the needs of your family. Don't be afraid to ask experienced employees what they have done. Think outside the box as well. Identify your support network and evaluate if there are others who can help you when needed.

Manage your finances. Engage in financial planning and create a budget to fit your needs. The EAP can assist you with online resources, coaching to reach financial goals, counseling for stress related to financial concerns, and help you find additional resources.

The EAP is here for you. Don't be afraid to reach out to us if you find that you need support and professional guidance in your new role. Self-help tools and other resources are available online at EAP4YOU.com. You can also give us a call anytime. Counselors are available 24 hours a day, 7 days a week to provide assistance at no cost.