

List of physical and emotional reactions to layoffs:

- Physical:
 - Can be related to your nervous system moving into fight/flight/freeze/fawn:
 - Nauseous feelings
 - Feeling a pit or pulse in your stomach
 - Feeling waves of heat in your body, sometimes the neck/back area
 - Increase in heart rate happens more easily
 - Low energy and tired feeling
 - Digestive Issues
 - Headaches
- Emotional:
 - Anger
 - Self-blame
 - Guilt
 - Imposter Syndrome
 - Self-Doubt
 - Resentful
 - Disrespected
 - Numb
 - Violated
 - Jealous
 - Nervous
 - Overwhelmed
 - Frightened
 - Embarrassed
 - Hurt
 - Violated
 - Apathetic
 - Indifferent
 - Unfocused

Tips for coping:

- It's important to understand these feelings are normal. It's important to remember a layoff is NOT reflective of your character or work ethic, it is a reflection of systemic failures in the journalism industry and with your employer. Here are some tips for coping:
 - Take some time off and allow yourself to grieve. You can spend time reflecting on how much important work you've done. Grief is present because of the unexpressed love and pride you had for the work you've been doing in our community.
 - Share with trusted friends and family how you're feeling. Find safe spaces to support you in this vulnerable moment.
 - Connect with your professional community. Journalists are resilient and are often willing to help each other when they can. When you feel ready to begin the search for the next chapter in your career, reach out. You are NOT a burden, and your news community is here to help.
 - Journal:
 - For constant imposter syndrome:
 - Write down all the evidence that proves your layoff was NOT a result of your job performance. What are the things you're most proud of in your work? How did your work help

the community? What are the FACTS here that prove you're great at your career?

- To release anger:
 - Hand Write a F\$%K You letter to anyone related to your job that made you angry or disrespected you. **DON'T SEND IT!!**
 - This personal journaling letter will serve as an anger release on paper to let those feelings and emotions out and not leave them suppressed in your thoughts
- Catastrophizing:
 - Journal out all of the things that are true right now. It's easy to let anxious thoughts take over, so focus on being present. It can be difficult when there's so much unknown, but trust that you've made it this far in life and you have the tools to step into a new chapter.
- Feeling Stuck:
 - Journal out what's your motivation in this career? What is your vision for the next chapter? Remember, rejection is always a redirection. Allow yourself to daydream about what you'd like your life to look like in the next chapter. Then list all of the things that you'd need to do to get there. Make a list of people in the industry or in your professional network that can help get you there. Form a timeline and give yourself mini deadlines and an action plan to get there.

When to seek professional help:

- It's important to know all the emotions you are feeling are valid. A layoff is a big personal loss and can often feel scary. If you don't work with a mental health practitioner regularly, it may be a good idea to find one that may offer sliding scales or works specifically with those who've been laid off.
- Signs it's time to get help:
 - Everyone grieves at their own pace and in their own way. Notice what is normal for you. If everyday seems like a bad day and things are not getting better, it may be a good idea to seek immediate professional help.
 - For those who tend to gravitate towards community, notice if you're isolating more than usual.
 - If you tend to isolate more, notice if you have trouble being alone.
 - If you start to constantly feel sick and have digestive issues/ headaches, seek out medical attention
 - Remember talk therapy is not the only form of therapy, here are many examples that can help:
 - Talk Therapy
 - Yoga Therapy
 - Dance Therapy
 - Somatic movement/Dance
 - Breathwork Therapy
 - Acupuncture
 - Hypnotherapy
 - Community dance circles
 - Ayurveda
 - Meditation
 - Reiki
 - Medicinal Therapy

- Here's Leslie Rangel, mental wellness coach and author of [Journalists Break News: Don't Let it Break You. Normalizing Mental Wellness in News](#) HUMAN method to make sure you stay regulated:
 - H: Hold space and make time for YOU
 - Take some time to check in
 - U: Understand how YOU respond to stress
 - Do you get sad, angry, talk a lot, avoid people?
 - M: Manifest confidence to step into your power
 - Check in with your mindset and shift your thoughts that aren't serving to your true magic
 - A: Align with resourcing when you're feeling off
 - How can you help yourself get back in balance?
 - N: Nurture a wellness plan to help stay balanced
 - What is your plan to make sure you can always feel HUMAN?

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