

# How to Inoculate against job flus and Blues

The current economic recession has resulted in millions of layoffs for workers across North America. On top of that, there is an H1N1 pandemic forcing millions to lay down from work for a week or more, jeopardizing good health, or even job security.

Learning to adapt to changing circumstances in life is a necessary skill. Being forced into such circumstances means letting go of situations that feel comfortable and predictable. Here are some examples of losses you may experience and what your thoughts might be about it.

Loss of the Familiar – “I felt secure in knowing what I was supposed to do each day.”

Loss of Structure & Clarity – “I liked my routine and felt comfortable with what was expected of me each day.”

Loss of a Hoped-for Future – “I thought I’d work here until I retired.”

Loss of Career Direction – “I knew where I fit into the big picture and what my options were.”

Loss of Influence – “My colleagues respected me, and they listened to my ideas.”

Loss of Friends – “My workplace was my second family.”

Loss of a Network – “I could count on them for personal and professional help.”

Loss of Knowledge & Expertise – “Staff and co-workers counted on me.”

Loss of Security – “I had a great compensation package.”

You can better adapt to changes like these by taking large doses of three Vitamin ‘A’s: Attitude, Aptitudes, and Action. They can help inoculate you from the negative consequences of job-related flus and blues.

## Attitude

You have every reason to stay positive. You were able to learn your job and do well in it. So, it’s only a question of bringing your ability to learn and work hard to your new or next job.

You’re not starting from scratch. You have skills, knowledge, contacts—a value proposition! What other organizations would value your expertise? There are so many potential employers out there and you will likely find one to work with for many years.

And, once you have a new routine, do you think you'll feel comfortable in your job? You've shown the ability to do good work and be rewarded for it, so you can apply that same ability in your next job. You were able to gain respect with people at your previous job, so why would your ability to establish and maintain friendships at your next workplace be any different?

### Aptitude

There are over 60,000 jobs operating in the world of work, and you are suited to a dozen or more. You have experience, and dozens of managers are waiting for you to walk through the door and make their life easier by putting your unique set of talents, experience, and skills to work in helping them meet their organizations goals and objectives by solving problems, overcoming challenges, coping with impact issues, and dealing with pressure points that are acting as roadblocks to the attainment of those goals.

It is very likely that you will find a new career path at your next employer that's even better than your last!

### Action

You have a lot more experience now, so what kind of professional help do you need to position/package you for new and better opportunities?

Once you identify and define that next opportunity, you can communicate to your family and friends with clarity and confidence which organizations you are targeting.

When you are ready, you say goodbye to colleagues at your previous workplace, and invest some energy in friendships you want to maintain. Then draw on their goodwill because they WANT to help you, and they each know a lot of people.

Tell them specifically the kinds of jobs you are best suited for. They can refer you to people who can refer you to people until you get face-to-face with someone who will recognize and reward your talents and skill

Learn what simple and effective actions can help you break into the hierarchy of hiring and get job offers.

Transitions aren't always easy but building up your immune system with these three Vitammin 'A's will help you adopt certain attitudes, aptitudes, and actions that can put you in a better place than the one you leave behind!