



Three Tips for Dealing with Job Insecurity

Job insecurity is not a new phenomenon — regardless of what industry you work in, there are many situations that may lead you to feel as though your job is insecure. While the factors that can make you feel unsure about your job are out of your control, the way you react to this uncertainty about employment is entirely up to you.

If your company goes through a merger, downsizes, or is acquired by another company, it can be difficult not to worry that you will be laid off. It's natural to want some reassurance that everything will be OK, but if your company is in the midst of layoffs, the only relief you might get is that nothing has been decided yet. While it's hard not to think about what might happen if things go badly for you at work, here are three tips for dealing with job insecurity.



Maintain Your Health

When faced with job uncertainty, it's easy for your health to take a backseat. However, good health is key to feeling optimistic about the future. Eating three meals per day, including fruits, vegetables, and lean meats, will help keep your body and mind strong so that you can face any challenges with confidence. Getting at least seven hours of sleep each night will reduce stress and help you relax both mentally and physically. Regular exercise also relieves stress and anxiety and can augment your energy level. Meditation and yoga are two relaxation practices that calm both the body and mind.

Surround yourself with people who make you feel good about yourself, and take advantage of the support they offer. When you feel stressed, talk to your family and friends—they'll tell you the truth and will encourage you to do your best. Talking openly about our stress, even if it's simply telling someone you feel stressed or overwhelmed, provides a base for them to know that you are struggling and need support or flexibility for the time being.

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Maintain Your Best Effort

If your company is struggling to stay afloat or worried about your job status, showcase your value by detailing recent successes and highlighting key skills relevant to the role. Communicate with your manager about what you're working on to know any key projects. Always give it your best at work; if you are a trainee or in a temporary or contract role, your manager will be more inclined to provide you with permanent employment if you excel at what you do. When in a waiting period to see if you will be laid off or let go, do your best because working towards bettering yourself will improve your skills and prepare you for the next career adventure.

Even if you do your job very well, you can't be sure that you'll stay employed. Budgets get cut, and jobs get eliminated. The best way to protect yourself is to demonstrate your work ethic. If you lose your job, the people who worked with you will remember how hard you worked, and they'll be more willing to help you get another job. If your organization decides to lay employees off, they often will try to keep the people they know are most valuable. Most of all, knowing that you put forth your best effort means that you can leave the company knowing that you worked hard, built good relationships, and achieved your goals.



Be Open to Other Opportunities

There is no guarantee that you'll be able to stay at the company you're at for the rest of your career. A lot of people change jobs every few years. It's a good idea to always be on the lookout for opportunities and keep your eyes open. If you think you will be laid off or downsized, it's a good time to start looking for another job. You can also look at other departments within your organization, as your skills may be transferable there. Also, look into local community classes or attend webinars—they'll help you learn new skills and make yourself more marketable in any workplace.

If there are no internal opportunities, you'll need to start looking for another job outside the company. If your specific position is not available, start attending job fairs and keep your LinkedIn profile and resume up to date. Offer to help others in the same industry you're interested in to learn from their expertise. That way, you can find mentors and establish a circle of people who can help you with your career. Keep in mind that when you are conducting a job search, you consistently check for new job postings and remain organized with your job search by making lists of places you have applied to and which places you have an interview.