



Mental Health & Resilience Toolkit

Job transitions can be emotionally challenging. Taking care of your mental health is just as important as updating your resume. This toolkit includes practices and resources to build resilience.

1. Recognize the Stress

- It's normal to feel grief, anxiety, or frustration during a job loss.
- Allow yourself time to process—your feelings are valid.
- Talk to someone you trust about how you're doing.

2. Build a Resilience Routine

- Maintain a daily routine: sleep, meals, and movement.
- Set small goals (e.g., apply for 2 jobs, walk 30 minutes).
- Practice mindfulness or journaling to manage stress.
- Take breaks—burnout can happen even during a job search.

3. Know When to Seek Help

- If you feel overwhelmed, depressed, or hopeless, reach out.
- Free or low-cost mental health resources exist in VA and DC.
- Contact NAMI, 211, or your former EAP for confidential support.

4. Community and Support

- Join job seeker or community groups for support and motivation.
- Talk with others going through the same thing—you're not alone.

- Stay connected with family, friends, and mentors.