

# 🌟 Cheat Sheet Prioritize Yourself After a Layoff

## ❤️ 1. Process the Emotions

- Allow yourself to **grieve and reflect**
- Talk to trusted friends or mentors 🤝
- Journal your thoughts to release stress 📝

## 🌿 2. Care for Your Well-being

- Focus on **sleep, nutrition, and movement** 🧘
- Set small daily routines for stability
- Practice mindfulness or meditation to stay grounded

## 🚀 3. Rebuild Confidence

- List **past achievements** and wins 🏆
- Learn new skills or certifications
- Update your **resume and LinkedIn** with strengths

## 💡 4. Reframe the Layoff

- See it as an **opportunity for growth** 🌱
- Ask: *What direction do I truly want my career to take?*
- Explore new industries, freelancing, or entrepreneurship

## 💼 5. Take Strategic Action

- Network intentionally—**reach out to contacts** 🤝
- Apply selectively to roles aligned with your goals
- Stay open to **contract or project work** while searching

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✓ **Remember:** This is your chance to **reset, refocus, and rise stronger.**

💬 Share: *What's the first step you're taking to prioritize yourself?*