

Published based on [Panic Away Can Help You to Overcome Job Layoff Anxiety](#)

# **Panic Away Can Help You to Overcome Job Layoff Anxiety**

You're probably experiencing a wide range of feelings if you've just lost your job or even have the fear of losing your job. It can cause a huge amount of stress or anxiety and your self confidence can really take a dive. Panic Away is a natural treatment, proven to be the most effective.

Effecting your emotional state, a job loss or layoff can easily trigger dreadful panic or anxiety attacks. It's normal to feel frustrated, angry or scared, I know I was one of them and the fear of the unknown is scary. You can easily fall into depression as a result from losing your job or being laid off so it's important to be aware of your feelings.

Now that you're laid off or lost your job trying to change your perspective, it may be challenging but it can make a huge difference. Look at what happened as a window of opportunity to regroup and rethink your career, maybe even change careers and finally do what you love, start your own business or go back to school. Whatever you decide it's imperative to try and train your mind to think as positively as you can about the situation.

Your panic is real but it needs to be dealt with. If you're not coping well it's imperative that you are aware of it and to get the help you need as soon as possible so you don't end up with depression.

### **How to Survive a Layoff or Job Loss**

- Ask yourself what kind of job you want
- Adopt a positive attitude
- Update and prepare your resume
- Spend a considerable amount of time doing job search
- Spend time on You
- Volunteer
- Learn a new skill
- Take a long walk
- Make a list of things that you are grateful for

Hold your head high and remember it's not permanent. Don't let anxiety or panic attacks control you, the key is for YOU to get CONTROL of your anxiety.

The law of attraction is at work here too, this could be a whole new beginning. This is simply a time of redirection to focus on creating a better life, so think positive thoughts.

The good news is you don't have to do it alone.

STOP those anxious and panic driven thoughts for good learning Panic Away's AWESOME One Move Technique that has helped thousands of people live a life that's anxiety free and confident!

You can also find this article published on [Panic Away Can Help You to Overcome Job Layoff Anxiety](#), and on the tag pages [job layoff](#), [layoff anxiety](#), [loss of job](#), [panic away](#), [panicaway](#).