



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

How Am I Coping with Job Loss?

10 questions about your mental health after losing your job

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Burnout is not a badge of honour. Your wellbeing is not optional. It is the foundation everything else stands on.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles

How Am I Coping with Job Loss?

Losing a job can be a significant life event that affects many aspects of your well-being. This short assessment can help you understand how you are adjusting to this change.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you feel your sense of self is tied to your job title, and its loss has impacted your identity?
- Are you experiencing significant worry about your financial situation and ability to meet expenses?
- Do you feel shame or embarrassment about being unemployed, especially within your social or family circles?
- Have you withdrawn from social activities or interactions with friends and family since losing your job?
- Do you miss the structure and routine that your job provided, and find it hard to establish a new one?
- Do you feel anger or resentment towards your former employer or the circumstances that led to job loss?
- Are you fearful or anxious about your prospects for finding new employment?
- Has job loss created tension or strain in your relationships with family members or dependents?
- Has your confidence in your abilities and overall self-worth diminished significantly since losing your job?
- Do you find it difficult to take constructive steps towards your job search or personal growth right now?

Score: Count the number of 'Yes' answers. This will give you an indication of how you are currently coping.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Coping Well

Your responses suggest you are managing this transition effectively, maintaining a positive outlook and actively seeking solutions.

SCORE: 4-6

Mildly Struggling

You may be experiencing some challenges with adjustment, but are generally navigating the situation with resilience.

SCORE: 7-8

Moderately Struggling

This score indicates you are facing significant difficulties in adjusting to job loss and may benefit from additional support.

SCORE: 9-10

Significantly Struggling

Your responses suggest you are finding this transition very challenging. Reaching out for support from loved ones or a professional can be very helpful at this time.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember that your worth is not defined by your job title; focus on self-care and small, actionable steps each day to rebuild your sense of purpose.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What specific aspects of your job loss feel most difficult to cope with right now?

2. What strengths or resources can you draw upon to help you navigate this period?

3. Who are the people you can talk to about your feelings and concerns?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Financial Planning Guide

Navigate your finances with confidence after job loss.

₹199

2

Resume Building Workshop

Learn to create a compelling resume for your job search.

₹99

3

Mindfulness for Stress Relief

Develop techniques to manage stress and anxiety effectively.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"You deserve a life that exists beyond your work performance. I hope this guide helps you begin to build it."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224