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Coping Skills to Build Resilience in Times of Uncertainty  
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Here are six essential coping behaviors discussed as strategies for building *resilience*! While this body of work represented an investigation into job loss, coping strategies, and building resilience, ultimately supports one in any transition. Note: One extreme or the other is not necessarily good or bad. Coping is *situational* and calls for moderating behaviors among the complexity of human behavior.

**Isolation ↔ Networking**

Your approach to informational support, emotional support, and tangible support...

We have perhaps all heard of those stories (maybe even ourselves), after a job loss, transition, and dreading Sunday evenings or even more so Monday mornings! Our routine, social network, and more are forever changed. It is well documented that the data presented by LinkedIn and others shows that networking is the most effective way to secure your next role, even for the introvert, a learned skill that must be practiced. And even for those extroverts, time to "decompress" is essential to this scenario. The saying "disconnect/unplug to reconnect" comes to mind here. Additionally, while extensive networking can be quite helpful, make certain it is not at the exclusion of many other job search techniques.

**Passive ↔ Assertive**

Your approach to interacting with others...

Opportunities just don't present themselves, and your passiveness may be preventing you from taking advantage of potential situations that can alter or even change your current circumstances. It is a well-known fact that job loss can impact individuals on many levels – physical, emotional, psychological, and financial, to name a few. This impact can create a tentativeness or passiveness that may be impacting your intended goal attainment. On the other extreme, assertiveness or even aggressiveness (anger, hostility) can certainly be detrimental to your goals. We've all seen the news and cases of employment-related hostilities play out in tragic circumstances

**Wishful Thinking ↔ Active Problem Solving**

Your approach to the marketplace/job search...the rest of your life...

Yes, you want good things to happen – you *deserve* to have good things happen, so try to think positively. Whether happily employed or fulfilled, we sometimes wish for better circumstances. Yet, when in transition, the thoughts of "better days" find you removed from dedicated, focused efforts to move beyond your transition, then some reflection is needed here, a *move to action*, and a problem-focused attempt to alter your situation.

## **Rationalizing Your Past ↔ Reinventing Your Future**

Your approach to past job loss(es)/transitions...

There are many “downsides” to job loss – psychological, financial, emotional, and even physical- among the potential areas of impact. Here, the focus is on acknowledging one’s role in the problem with a theme of trying to put things right. To the same degree, we must recognize our role in the problem and the theme of *trying to put things right*. If you have not moved on, you have a deeper hole to dig out of. Multiple transitions? Re-living your past? Continuing to try to rationalize "Why this happened to me" can create a downward spiral with many potentially harmful outcomes. The power of positive thinking and building a concept of your *new future* is imperative here!

## **Stress ↔ Stress Management**

Your approach to managing your feelings and actions. . .

Yes, the emotional side of job loss. How effective are you at regulating the emotions often connected with job loss and transitions? While some degree of stress can be expected and normal, how so yours? For how long? Finding healthy ways to manage your emotional self will undoubtedly have long-term benefits. Resilience is one of them.

## **Negativity ↔ Optimism**

Your approach to personal/professional growth...

The list of adverse outcomes, known and unknown, as the time of unemployment extends, is well documented, and these negative effects extend to many areas of your successful job search and transition. Once again, research indicates that finding the positives in the adversity will serve you well as you present your "new self" to the world around you. Here, the trusted friend or a trained counselor is where you need to "unload" any demons. Here, efforts are made to create positive meaning by focusing on personal growth, even with a spiritual/religious dimension.

## **References**

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