Layoffs and company restructurings are a painful reality in the workplace. Although change is constant, nothing can prepare you for being told that your position is being eliminated and you will need to re-apply to your role. This experience is never easy, and it leaves you with a sense of guilt, shock, denial, and anger. Having been laid off myself it is important to acknowledge your feelings and understand that they are valid and it is part of grieving the loss of your job. As you navigate the process of finding another job it is important to build emotional resilience in order to bounce back and come out on top.