



MENTAL HEALTH AWARENESS MONTH

The Science of Falling Apart (and Getting Back Up Smarter)





You're not imagining it.

Things are weird right now. Layoffs, uncertainty, self-doubt... it's like the universe hit "shuffle" on your career playlist.

But falling apart isn't failure. It's part of the rebuild. This week, we're diving into the wild, unglamorous, strangely empowering process of hitting reset. From navigating tough transitions to learning how to quiet that inner critic who sounds suspiciously like a troll in a headset.

Whether you need a mindset shift, a little levity, or just something to remind you that you're not the only one Googling "how to bounce back with dignity," this newsletter has you covered.

MIND OVER CHATTER

You're not alone in wondering if your résumé is now a memoir. These reads go beyond fluff and straight into the hard stuff: layoff limbo, psychological resets, and career rebounds that don't involve sobbing in your inbox. Think of it as group therapy, minus the group.

Articles include:

- How to silence your inner self after a layoff
- Shifting your perception after a setback
- Rebounding with resilience (and a little sarcasm)
- How to psychologically reset
- The first few weird, wobbly weeks post-layoff





**Harvard
Business
Review**

How to silence your inner critic



Being laid off can shake your confidence and trigger a spiral of self-doubt—but it doesn't have to define you. By learning to question your inner critic and focus on your strengths, you can reframe the story you're telling yourself. This mindset shift is the first step in taking back control and turning your setback into a springboard.

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An abstract illustration featuring a person with dark skin and hair, wearing a white shirt with a green grid pattern, sitting at a desk. The person is looking down, with their hand near their face in a thoughtful or distressed pose. On the desk is a computer monitor and a pink container holding several orange pens. The background is composed of various geometric shapes and colors, including a large green circle, a yellow circle, and several rectangular blocks in shades of purple, pink, and grey. The word "SELF" is written in large, white, sans-serif capital letters in the upper left corner.

SELF

7 Ways to Deal With the Emotional Blow of Losing Your Job

Laid off and feeling like your brain's stuck in a feedback loop of doom? This article offers smart, doable strategies to get unstuck like building new routines, tuning into your emotions (instead of running from them), and finding your footing again through connection and reflection.

[Click here to dive in](#)



**Harvard
Business
Review**

Shifting your perception after being laid off

Vivek Gulati was one of the 12,000 Google employees laid off in January. It was a shock, but he had been laid off before. With this perspective, Vivek shares his story, how he's navigating the transition, and suggests ways to take care of yourself first and foremost.

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Navigating life after layoff: Tips for your first few weeks

Feeling lost after a layoff? This article walks you through the crucial first steps like giving yourself space to breathe, building a doable routine, and sorting out your healthcare so you can move from panic to plan with a little more peace of mind.

[Click here to dive in](#)



**Harvard
Business
Review**

Rebounding from Career Setbacks

Career setbacks sting—but they don't have to define you. This article from Harvard Business Review explores how to turn frustration and self-doubt into clarity, direction, and a plan for what's next. With research-backed strategies and a self-assessment to guide your rebound, it's your playbook for turning a career "no" into your next big "yes."

[Click here to dive in](#)

SCENE OVER SPIRAL

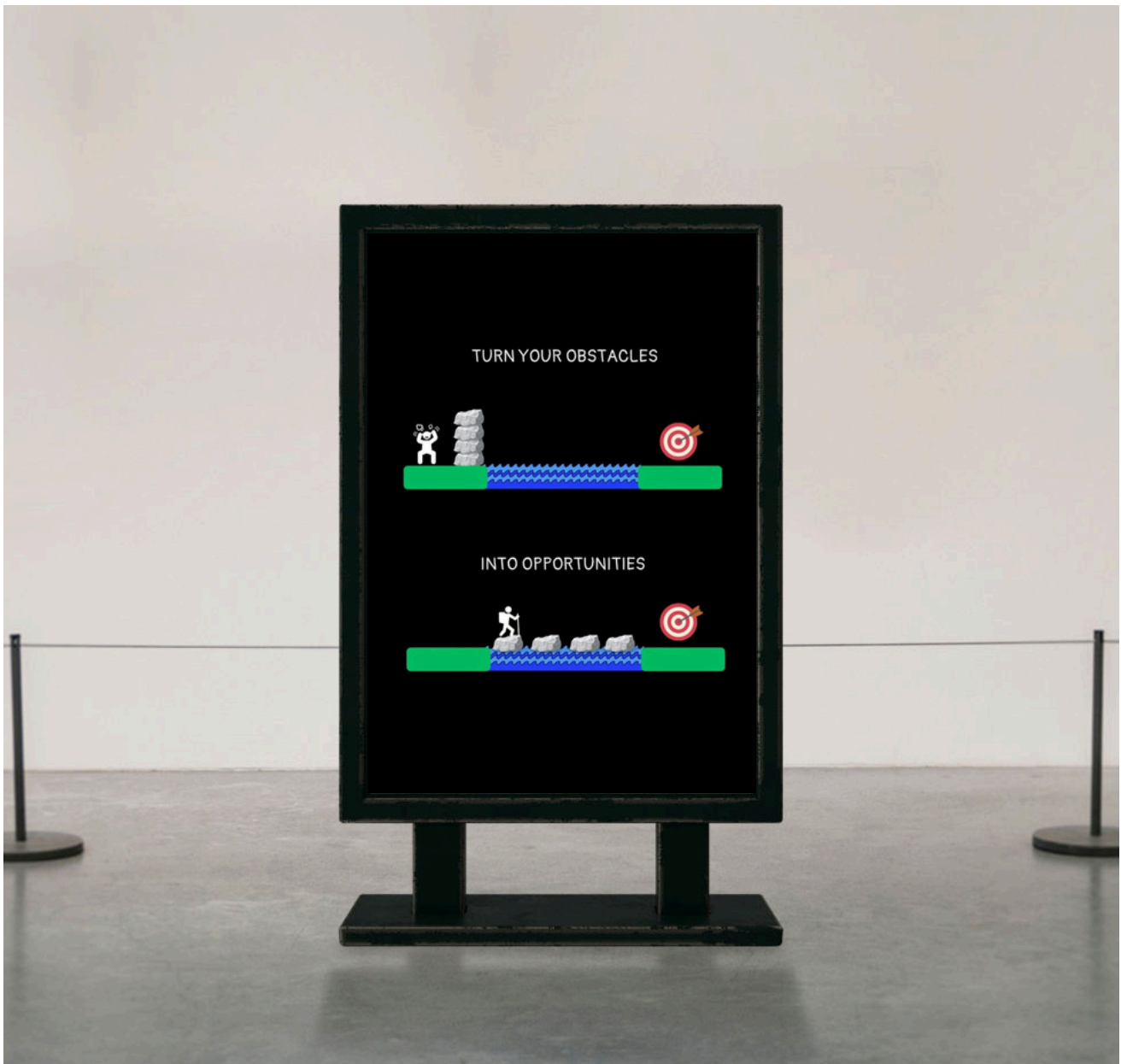
Sure, you could stay in the doom scroll or rehash your résumé like it's your life's greatest heartbreak. But what if you gave your brain a visual reset and let someone else's voice walk you through the chaos for a bit?

This section's here to help you shift the scene...literally. From perspective-flipping visuals to podcast episodes that make failure feel less fatal and more...oddly inspiring, think of this as a vibe check for your mindset.

No toxic positivity, just honest reframes and the occasional plot twist.



Reframing the Render



Let's be honest: "turning obstacles into opportunities" looks great on a mug but at 2AM after a layoff spiral, it feels more like a punchline. Still, here's the twist: both can be true. Losing your job can suck and be the nudge you didn't know you needed. Sometimes the derailment reveals the grit, the weird ideas, the forgotten dreams. It's not about pretending the chaos is cute. It's about finding the raw material for your next chapter in the middle of it.

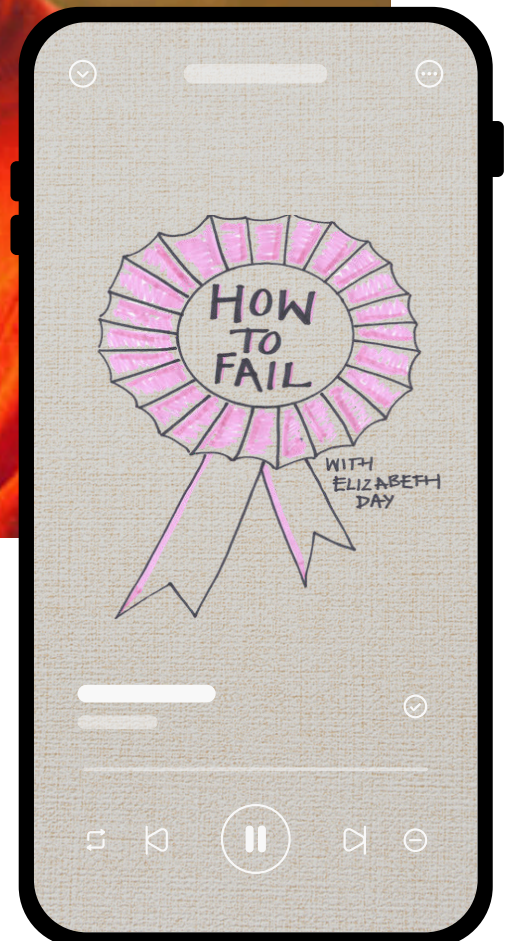
Podcast Spotlight

How to Fail with Elizabeth Day



How To Fail With Elizabeth Day is a podcast that celebrates the things that haven't gone right. Every week, a new interviewee explores what their failures taught them about how to succeed better.

<https://howtofail.podbean.com/>



VES BACK POCKET SURVIVAL KIT

When the professional plot twists hit, you don't have to freestyle your way through it.

Our Member Assistance Program (MAP) is here for real talk and real help from stress spirals to job search strategy.

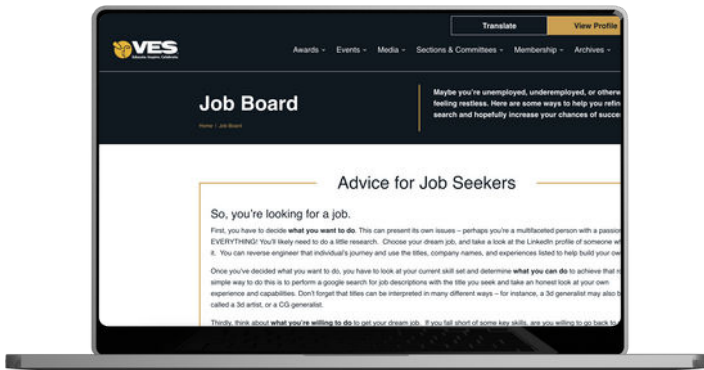
And when you're ready to get back in the game, our job board isn't just a list...it's a lifeline. Use them both. That's what they're there for.



VES Member Resources

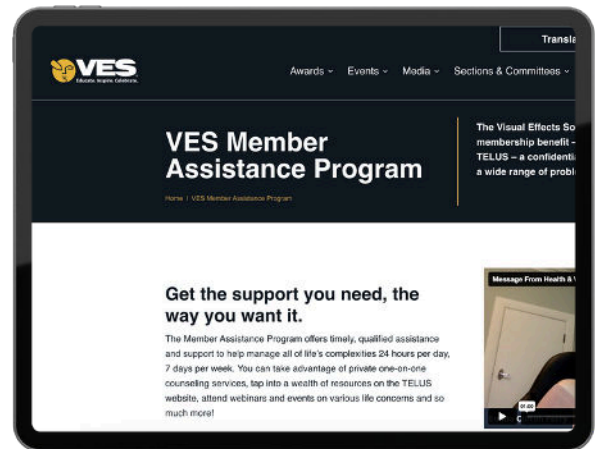
Navigating Your Next Move: VES Job Board

Support When You Need It Most: VES Member Assistance Program



If the recent shake-up left you looking for your next opportunity, you're not alone. The VES Job Board is your go-to resource for career transitions, featuring hand-picked job postings from top companies seeking talented VFX professionals like you. Whether you're looking for full-time, freelance, or contract positions, our job board is updated regularly with positions that are relevant to your skills and expertise. Take the first step in your next career chapter by browsing roles that fit your goals. And, don't forget to check back often, as new opportunities are posted daily. Your next opportunity is out there, and we're here to help you find it.

[Click here to visit the page](#)



Experiencing a layoff can be overwhelming, but you don't have to navigate it alone. The VES Member Assistance Program offers confidential, 24/7 support to help you manage life's challenges—at no cost to you. Whether you're seeking career guidance, emotional support, or resources to navigate this transition, our program provides access to professional counseling and a wealth of online resources. It's a lifeline designed to support your well-being and help you move forward with confidence.

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