

# SURVIVING JOB LOSS

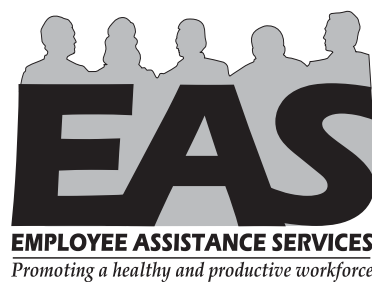
## HELP YOURSELF

- 1. Realize that this is a period of transition**
  - Accept feelings of hopelessness, anger and isolation as a natural part of the process; your emotions are normal
  - Remember, you will regain control over your life
- 2. Give yourself permission to take time off**
  - Lets numbness subside
  - Gives you time to pull your thoughts and feelings together
- 3. Establish a weekly routine that includes job hunting**
- 4. Seek help from others when you need it**
  - Family, friends
  - Outplacement counselor, clergy, career counselor
- 5. Set attainable goals**
  - Finding a new job within the first week may be impossible, but putting together a new resume within that time frame is not

## HELP YOUR FAMILY

- 1. List the facts**
  - Determine which directly affect the children
  - Be honest, but remember to display optimism for the future
- 2. Provide opportunities for expression of feelings**
  - Set aside 15 minutes each day as a family "open forum"
- 3. Avoid building up false hopes**
  - While informing family members of pending interviews is important, care should be taken not to emphasize a particular opportunity as "the only one that's right for me"
- 4. Allow family members to contribute to job search activities**
  - Let a son or daughter polish dress shoes
  - Ask a son or daughter to help wash the family car

*If you are experiencing difficulties adjusting to unemployment, call:*



3400 TAMiami TRAIL NORTH, SUITE 204 • NAPLES, FL 34103  
PHONE (239) 435-0400 • TOLL FREE (800) 834-7689 • FAX (239) 435-0202