

Top 10 Tips for Coping With Job Loss

1. **Allow yourself time to grieve; feel your losses and then move on.**
2. **Share your feelings with family, close friends, or in a support group.**
Remember that people may be reluctant to help if you share too much
3. **Assess your financial situation and take proper steps immediately.**
Involve your family in developing a financial plan...they will feel like they are helping and you will get more support in cutting expenses. Arrange for a home equity line of credit to be in place in case you need it (remember that interest is tax-deductible). Consider investing in the services of a career consultant or coach
4. **Assess your values, interests, strengths, weaknesses, accomplishments, personal resources, and goals up front.**
Compare them with the needs of the organizations you interview with during your job search to find your best match
5. **Set realistic personal, career and job search goals.**
Treat yourself the same way you would treat a dear friend in the same circumstances....be patient, loving, and tough with yourself at times.
6. **Devise a job search plan. Define strategies, target companies, and make contacts. Map out a schedule showing how you plan to use your time each day.**
Maintaining your regular work hours toward your job search will help reduce stress and keep you adjusted to a reasonable work schedule for when you return to work.
7. **Work your plan.**
Use a day planner and block off time for networking, researching companies, job searching, completing applications, interviewing and keep track of your efforts. If you treat your plan as a job, it is likely to shorten your unemployment time dramatically.
8. **Maintain open communication with family members.**
Seek their ideas and support, as they may have good ideas. Remember, however, that they are going through a stressful time, too.
9. **Continually review your options and job search strategies; change course as necessary.**
Remember that you always have options. If you can't see them, hook up with someone who can.
10. **Devise coping strategies to reduce stress and stay motivated.**
Think about other times in your life that were stressful and the things that worked best to cope with them. Exercise, reading, being with friends or solitude are a few common ways to cope with stress. Different things work for different people and you should come up with a list that will best work for you. Also, make a short list of things that you enjoy doing and take time each day to do something on that list.