



The Top 10 Commandments 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.**
Devote 40 hours a week to your job search. Maintaining your regular work hours 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, cold calling, interviewing and keeping 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 stressful 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. Finally, although you are stressed and perhaps not thinking clearly, take some time to come up with things that will motivate you while you are going through this hard time. This will help you survive this period of change and flourish.

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