



Real solutions for real business

CARE's WorkLife Solutions

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After a Job Loss:

It is normal to feel out of balance after a job loss. Remember, you have many strengths that have helped you throughout your life. This information is being offered to help you build on and use those strengths.

Qualities of Resilient People:

- Proactive
- Future-oriented
- Look for the positive
- Look for opportunities
- Set realistic goals
- Know when to ask for help
- Seek several solutions
- Assume positive intent of others
- Take care of selves physically
- Grow through difficult experiences

REMEMBER TO:

- Contact your local unemployment office to register for unemployment compensation
- Clarify benefit information with your previous employer's Human Resources Department, including: COBRA application and deadlines, Retirement plan rollovers
- As soon as possible, write down job duties, skills and accomplishments from this position, as well as previous jobs
- Develop or update your resume
- Tell everyone you know that you are available for a new position
- Role play or practice interviewing skills
- Try to look for the positives and consider these opportunities:
 - Opportunity to reassess what you want to do with your life
 - Opportunity to find a higher paying job
 - Opportunity to find a job you enjoy more
- Review your budget and call CARE's WorkLife Solutions for financial resources if needed
- Alert creditors to the change in your financial status and discuss getting your payments reduced
- Call CARE's WorkLife Solutions for additional ideas or support