



Tipsheet: Coping with a Layoff

According to CNNMoney.com, there have been nearly 1.2 million job losses in the U.S. so far in 2008. If you, a family member or a friend have experienced a job loss, here are some tips for coping and getting back on your feet:

Dealing Emotionally with Job Loss

For many people, going through a job loss can be an emotional roller coaster. Expect to go through a grieving process, which may include a variety of stages:

- **Denial:** You can't believe this has really happened.
- **Anger:** You feel like blaming others and yourself.
- **Depression:** A period of sadness in response to this loss.
- **Acceptance:** Eventually you feel ready to accept what has happened and move on to new opportunities.

Starting Your New Job Search

Once you know that you have been laid off, there are a number of things you can do to help yourself:

- **Apply for benefits now.**
You need to apply for unemployment benefits right away—even if you're not sure you are eligible. Depending on previous employment, benefits may last up to 26 weeks.
- **Use severance services.**
Take advantage of any severance services (such as professional job-search assistance) offered by your company.
- **Establish a daily routine.**
Now that you are unemployed, job hunting is your new, full-time job. Resist the temptation to sleep late or watch TV all day. Plan to spend 30-40 hours per week on your job search.
- **Don't isolate yourself.**
It's important to keep in touch with your friends—even former coworkers (if that feels comfortable). Stay involved with the same kind of social activities and hobbies you did before your layoff.

Source: MN Workforce Center www.mnwfc.org

Resources: [United Way 2-1-1](http://www.211.org)™ is a free and confidential, 24-hour information/referral line that can connect you to helpful programs and resources in our community. Just 2-1-1 or 651-291-0211.