Coping with Unemployment

Loudoun Workforce Resource Center
Prepare Emotionally

✓ Recognize that there will be Job Loss Grief
✓ Face Your Feelings
✓ Discard Any Resentment & Bitterness you may hold against your former Employer
Ways to Cope

✓ It’s OK to allow a period of grieving
✓ Write your feelings down and begin the process of dealing with them
✓ Accept reality and learn to manage any negative thoughts. Negative feelings will make it harder to get back into the job market
✓ Reach out for help if you need it

Prepare Emotionally
Take Proactive Measures

✓ Budget your funds to stay afloat. Assess everything you are spending and cut where you can.
✓ Take Care of You – exercise and sleep regularly. Practice relaxation techniques.
✓ Maintain a Daily Routine
✓ Avoid Isolation—get out of the house and see and talk to people.
✓ Reassess your situation and map out a new direction.
✓ Create a Job Search Plan.
Take Proactive Measures

- Add to Your Skills by taking Online Tutorials or Classes
- Set Attainable Job Search Goals
- Focus on What You Can Control
- Volunteer to use your Skills and Build your Network
- Visit your local Workforce Resource Center
- Seek Out Free Activities to do with your family & friends
Look to the Future

- Go exploring and look for potential new career options
- Follow your passion & research something new
- Focus on your personal growth
Wrap Up

✓ Acknowledge Your Emotions
✓ Identify Your Transferable Skills
✓ Improve and/or Gain New Skills
✓ Keep a Positive Outlook
Resources Available at the Loudoun Workforce Resource Center

- Your Transferable Skills workshop (register online)
- Find a Career...Change a Career...My Next Move workshop (register online)
- Career Assessment Tools
- Transferable Skills Scale Inventory
- Job Search Handbook
Resources Available at the Loudoun Workforce Resource Center

- Career Changers Handout (online)
- Meet the Employer events, Employer Panel discussions, Career Fairs
- Resume Assistance
- Workforce Innovation & Opportunity Act (WIOA) – provides eligible adults with employment & training services
- Lay Off Guide
- Information regarding employment services for Veteran’s
Thank You

Loudoun Workforce Resource Center
loudoun.gov/wrc

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Hours of Operation:
9:00 am – 4:30pm
Except Wednesdays 9:00 am – Noon

Open to the Public