

# Unemployment

NEURO EMOTIONAL LITERACY PROGRAM

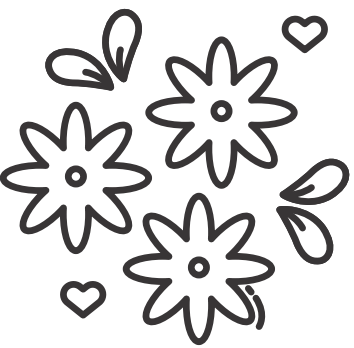
## Steps to take:

- File for unemployment
- Call your mortgage, student loan, credit card company and ask for assistance
- Cut your budget
- Look for side gigs
- Create a dream board
- Start working on things you love
- Courses
- Network
- Update your resume/ CV



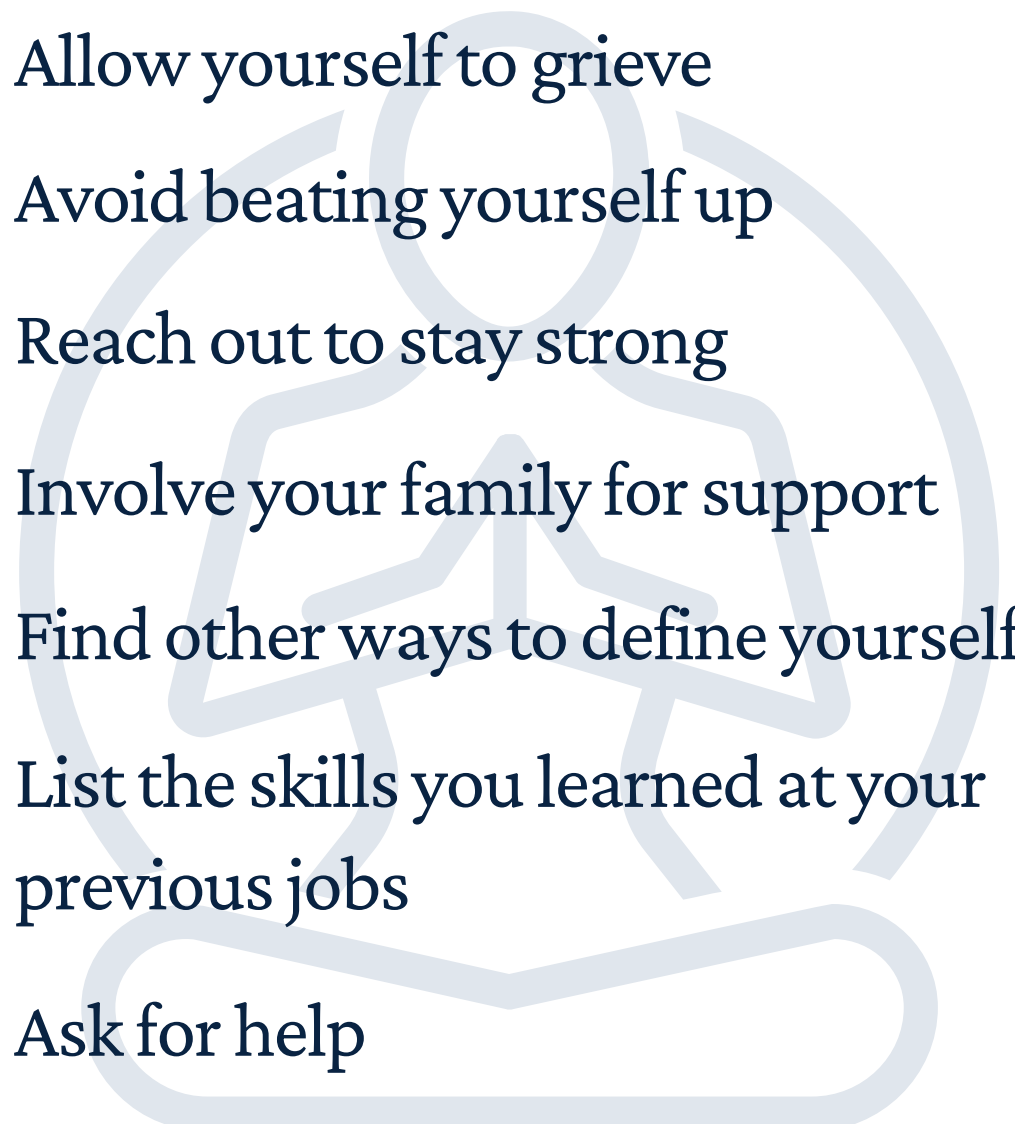
## Take care of yourself:

- Meditate
- Gratitude journal
- Have healthy meals
- Write
- Exercise
- Reach out to your support system
- Listen to positive music
- Read
- Start a project
- Get a hobby
- Positive self talk
- Volunteer



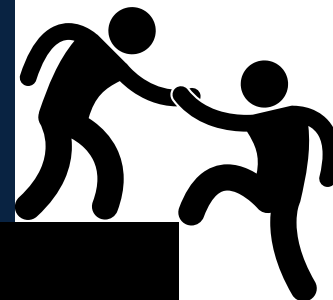
## Coping with job loss stress

- Allow yourself to grieve
- Avoid beating yourself up
- Reach out to stay strong
- Involve your family for support
- Find other ways to define yourself
- List the skills you learned at your previous jobs
- Ask for help



### If someone you know has been laid off:

- Ask: Don't assume you know what they need.
- Help: Be there for them.
- Respect boundaries: Both yours and theirs.



### If you want to help your community that is out of work:

- Check in with your neighbors.
- Volunteer your time/skills.
- Offer your own expertise pro bono.

## Resources

- Food bank
- Call: 211
- Unemployment insurance



## Budget apps:

- |                    |             |
|--------------------|-------------|
| 1. Your bank's App | 4. YNAB     |
| 2. Smart Receipt   | 5. Mvelopes |
| 3. Mint            | 6. Stocard  |

## Signs of Withdrawal

1. Disconnection from others
2. General apathy
3. Feeling exhausted/ agitated by others
4. Loss of meaning
5. Detachment from religious/ social groups



IN CASES LIKE THIS: LOOK FOR PROFESSIONAL HELP

©BEATRIZ ARAUJO