

## **Tips for Layoff Survivors**

If your company offers an employee assistance program (EAP), use it. It's free and confidential. An EAP counselor can help you cope with stress and can direct you to resources for managing financial, legal and many other issues.

If you're feeling depressed or overwhelmed, and if your health plan includes a mental health benefit, get professional counseling. If you don't have mental health benefits, seek counseling through your church or a community organization.

Talk to your boss about issues such as workload. Set priorities and establish goals that are fair and achievable. Explain that you recognize these are difficult times and you want to do a good job.

Talk to your friends and family about what you're feeling. There's no shame in admitting that you feel overwhelmed. Sometimes just having a conversation with someone you trust can take a huge weight off your shoulders.

Remember you're not alone. A lot of people are going through what you are and feeling what you're feeling.

Be sure to take some time to do things that you enjoy. Take a walk, go to a movie, visit a museum, listen to music, spend time with people who make you laugh. Dance, sing, paint – do whatever it is that brings you joy. It's not selfish to take care of yourself. In fact, in difficult times it's more important than ever.