



LOUDOUN WORKFORCE RESOURCE CENTER

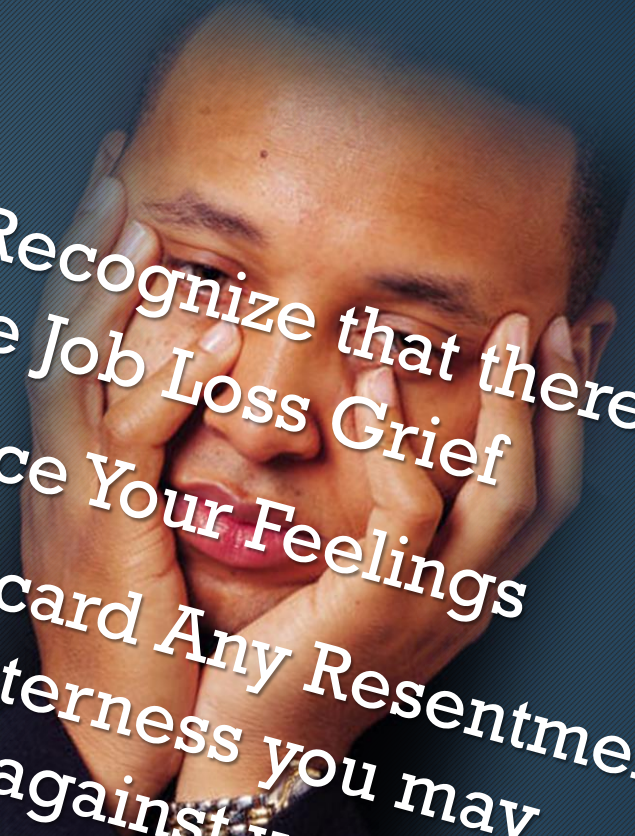
A proud partner of the AmericanJobCenter network

A man in a light blue dress shirt and a patterned tie is holding a large, empty cardboard box in front of his chest. He is looking directly at the camera with a neutral expression. The background is a bright, circular light effect.

Coping with Unemployment

Loudoun Workforce Resource Center

Prepare Emotionally

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

Prepare Emotionally

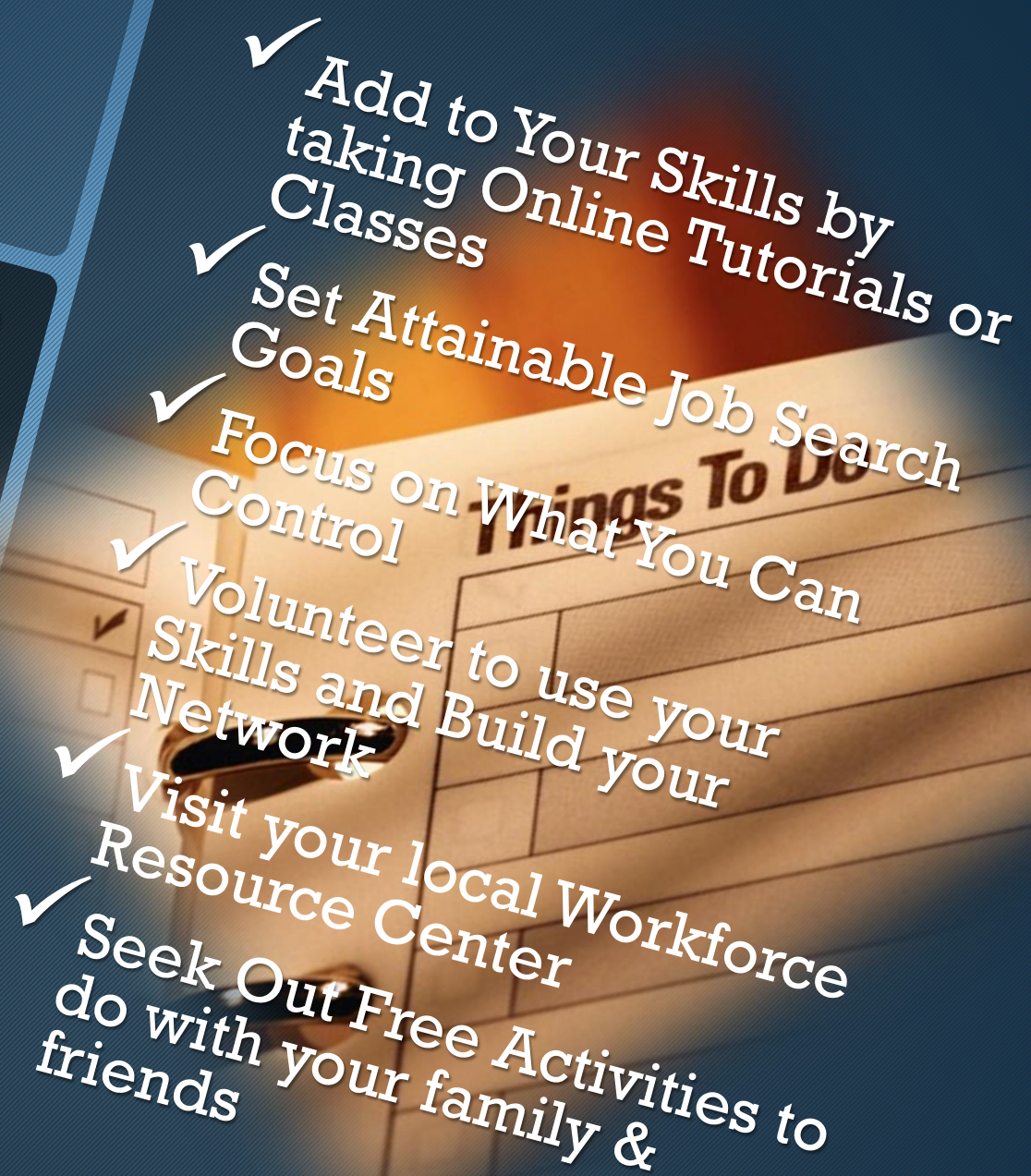
Ways to Cope

- ✓ 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
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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

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- The background of the list is a photograph of a wooden door with a silver handle. Overlaid on the door is a 'Things To Do' checklist with a grid of boxes. The text of the list is white and slanted to match the angle of the door.
- ✓ 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

705 East Market Street, Suite E
Leesburg, VA 20177-7400
703.777.0150

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

Open to the Public