



## Taking Care of Yourself Through the Tough Time

Losing a job or facing a dramatic drop in income can be one of life's most stressful events. To cope with the stress that accompanies these events, you need to take care of yourself.

### Recognize your feelings

Anger, sadness, depression, and frustration are some of the feelings you may experience when income is reduced. Uncontrolled anger can escalate into rage and may cause emotional outbursts that can hurt others. Recognizing your feelings and understanding why they may be present, may help you deal with them in positive ways.

### Keep Yourself Healthy

Eat a nutritious and balanced diet, take time for enjoyable physical activities and get enough sleep. We tend to be more on edge and have less to give when we are tired. Try to do something you enjoy like reading a book, gardening or listening to music. Many of these activities can take your mind off the current situation.

### Turn these challenging times into opportunities for real growth and change

Times like this, while difficult, can offer opportunities to take stock of your current situation and make needed changes. Take a course through your employer or look into low-cost resources in your community that can help you learn new skill and may lead to a better job. The key is to use this time to think about new ways of managing your life.

### Use your support network

Talking to your friends, relatives and other people you turn to for advice can support and encourage you during this difficult time. Listening to your concerns, helping you think about alternative plans, comforting you when you are down and providing material needs are just a few ways that those who care about you can help.

### Ask for professional help if necessary

Talking to a trained professional can help you deal with the feelings and stress associated with a job loss. Clergy or other community resources may provide counseling at no cost.

## Resources

### Stress

Stress Management Series

[http://edis.ifas.ufl.edu/  
topic\\_series\\_stress\\_management](http://edis.ifas.ufl.edu/topic_series_stress_management)

Strategies to Reduce Stress over the Economy

[http://www.extension.org/pages/  
Try\\_Three\\_Strategies\\_to\\_Reduce\\_Stress\\_over\\_Economy](http://www.extension.org/pages/Try_Three_Strategies_to_Reduce_Stress_over_Economy)

Manage Emotional Stress During a Time of Financial Stress

[http://www.extension.org/pages/  
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me\\_of\\_Financial\\_Stress](http://www.extension.org/pages/Manage_Emotional_Stress_During_a_Time_of_Financial_Stress)

### Personal Health

Teaching Children Coping Skills

[http://www.extension.org/pages/  
Teaching\\_Children\\_Coping\\_Skills](http://www.extension.org/pages/Teaching_Children_Coping_Skills)

Signs and Symptoms of Depression

<http://edis.ifas.ufl.edu/FY100>

Learning to Live Through Loss: When Job Loss Triggers Grief

<http://edis.ifas.ufl.edu/FY878>

### Career Development

Selling Yourself: A Guide to Writing Effective Resumes

[http://edis.ifas.ufl.edu/  
document\\_sn008](http://edis.ifas.ufl.edu/document_sn008)

JobStart Series

[http://edis.ifas.ufl.edu/  
topic\\_series\\_jobstart](http://edis.ifas.ufl.edu/topic_series_jobstart)