



Maricopa County Human Services Department

News Release

Workforce Development

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FOR IMMEDIATE RELEASE

JOB LOSS AFFECTS WHOLE FAMILY

Have you recently found yourself without a job due to restructuring within your organization? This news is devastating to you personally; however did you know that the ripple effect goes far deeper – it also affects your family. Often times our loved ones experience the same emotions we do over a job loss, not to mention the sense of frustration they encounter not being able to make the situation better for you.

Here are several tips to help both you and your family members deal with your job loss:

Communication. Talk about your feelings and emotions with your family.

Ignoring the situation only creates uneasiness and tension for everyone.

Budget. Sit down with your family and develop a budget. Your children might surprise you by offering to give up luxuries you might not have otherwise eliminated.

Schedules. Family members may have a difficult time adjusting to you being home all the time. Try to be considerate of their routines and schedules. If your children are in school, try to complete your job search activities on the computer before they arrive home in the afternoon. This will curtail arguments over the computer. If your spouse is working, take on more of the domestic chores. However, don't take on too much. Looking for full-time employment is a full-time job and you need to remain focused.

Time out. Remember to have fun with your family during this difficult time. Even though you're unemployed, activities such as bike rides and hikes are free. Hug your family members and reassure them that everything will be okay.

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