



Key Points - Coping with Unemployment

1. Be persistent in your job search.
2. Broaden your job search to different types of jobs.
3. Find out if you are eligible for unemployment benefits.
4. Maintain a routine or daily schedule.
5. Make a "to do" list for each day that includes job-search tasks, household chores, and important errands.
6. Keep busy.
7. Talk to someone who you trust to help you cope with feelings of sadness and stress.