

Unemployment

in Lockdown

feeling?

scared...
a loss of identity...
angry...
deflated...
unappreciated...
worried...
lost...
grief...
what now?

Manage thoughts and emotions

ACCEPT YOUR FEELINGS

ACCEPT THAT WHAT YOU'RE FEELING IS NORMAL. GIVE YOURSELF CREDIT FOR DOING THE BEST YOU CAN UNDER THE CIRCUMSTANCES.

MAINTAIN PERSPECTIVE

KEEP IN MIND THAT STAFFING DECISIONS ARE RELATED TO THE COVID-19 PANDEMIC, NOT YOUR WORTH.

SEEK OUT RESOURCES

GETTING HELP WITH BASIC NEEDS EG. FOOD AND SHELTER CAN REDUCE THE STRESS OF UNEMPLOYMENT

ACKNOWLEDGE GRIEF

ADDRESS FEELINGS OF GRIEF AS YOU WOULD WITH ANY OTHER LOSS

FIND YOUR VALUE

LOOK FOR NEW WAYS TO REALISE YOUR CONTRIBUTION TO THE WORLD AROUND YOU. MAKE LISTS ABOUT WHAT YOU CARE ABOUT, WHAT YOU'RE GOOD AT ETC.