



## 30 Tips on How to Survive the Unemployment Blues

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Being unemployed can be a stressful and emotional time. Dealing with the ups and downs of unemployment is a challenge and that is why we, at BONNEY Staffing, would like to offer you some tips to help you make the most of your time and energy to survive the unemployment blues! Good luck!

### **Feeling Blue**

Accept your negative feelings about losing your job, they're normal; but turn your energy towards the future.

### **Communicate**

You'll be sure to have ups and downs throughout your search. Don't keep it all inside – talk to friends and family and get your feelings out in the open.

### **Update your resume**

Update your resume to indicate your most recent work experience. A professionally presented resume on quality paper and attractively formatted should be no more than one or two pages. Remember to keep it concise and factual. Use conservative formats and white or ivory paper. If economics factor, your local library can provide you with information on how to write a resume and a local copy shop can print it inexpensively.

### **Gather references**

Ask for letters of recommendation from former employers, teachers, or community leaders. Save them all!

### **Network**

Let people know you are looking for work. A number of jobs are found due to referrals.

### **Keep your eyes open**

Look for job fairs, seminars, support groups community functions, etc which may be of help to you.

### **Don't rely just on newspapers/want ads**

Did you know that **only 5%** of available jobs are in the newspaper? Keep networking or stop by a company you are interested in to fill out an application.

## **Staffing Firms**

Most staffing firms do not charge applicant fees for their service. Work a temporary job while you are looking for permanent opportunities. Take advantage of the free service. A lot of temporary positions could lead into a permanent situation!

## **Alumni Contacts**

Contact your former high school guidance counselor or college placement office about career options and/or opportunities that they many know about.

## **Military Services**

Think about military service as an option and contact a local recruiting office for more information about offerings and commitments.

## **Apprentices**

By contacting the Maine State Apprenticeship Council at 624-6430, you could find out how to gain skills and licenses while working on a job.

## **Internet**

Remember that the internet is a great way to hunt for a job as well. Use local employment web-sites, business web-sites or even your city web-site for assistance in your job search. Examples are: [www.jobsinme.com](http://www.jobsinme.com), [www.mainetoday.com](http://www.mainetoday.com), etc.

## **Turn hobbies into cash**

A hobby could become a lucrative business venture or a new career. Contact SCORE (Service Core of Retired Executives) at 622-8509 or SBA (Small Business Administration) at 662-8397; they may be able to get you on your way to becoming your own boss.

## **Volunteer**

Spend some time volunteering at an organization you support or would like to know more about – and be sure to add those experiences to your resume.

## **Informational Interviews**

If you are interested in a particular industry or company, request an informational interview. Go into it with some questions, but don't go into it expecting a job, and always remember to send a thank you note for their time and assistance.

## **Follow up on interviews or leads**

Do not assume a job is filled is you haven't heard anything – call or send a note.

## **Feedback is crucial**

If you aren't getting the job(s) you want, politely ask the employer why they did not select you. Was it a lack of experience, education, etc? The reason you are asking is because you want to do better next time or adjust your sights.

### **Visit your local library**

Do research on the companies you are interested in or locate books specific to those industries to expand your knowledge.

### **Set daily goals**

Have a set number of companies or people to contact each day and stick to it. Treat your job search as your job – set your alarm, get up & get going each day.

### **Budget your money**

Set a realistic budget goal and discipline yourself to stick to them.

### **Priorities**

Talk with your family and/or friends and make a priority list of what is important. Cut back on what isn't, i.e.; cable television, dining out etc.

### **Work Exchange**

Barter goods and services with friends and family. For example, you might clean the house for someone who would do car repairs for you.

### **Cash and Credit**

Don't carry extra cash beyond what you need for one day. The temptation to spend can be strong. Also, hide your credit cards or put them in the freezer. It will make you think twice about using credit and adding to your bills; the "thawing-out process" allows you to rethink your position on spending.

### **Credit Counseling**

Call 1-800-439-2227 for the services nearest you. Informational budget sessions are FREE. Small one-time fees may be charged for ongoing sessions. Contact this service right away if you know you will not be able to meet your monthly financial obligations. The other option, of course, is to contact your creditors directly and immediately work out payment arrangements. Credit card companies and mortgage holders are usually receptive to this type of arrangement.

### **Check out government programs**

Community services such as unemployment insurance; employment and training; loan deferments; general assistance, AFDC, food stamps and fuel assistance may be available to you.

### **Exercise daily**

Go for a walk or a jog. It will help you stay energized throughout your job search.

### **Look good ... Feel good**

Be well groomed, keep your hair styled or cut, shave every morning. It will help you feel better about yourself. Have your interview clothing at the ready.

### **Watch your diet**

Eat healthy and avoid junk foods. It affects your attitude.

### **Alcohol and tobacco**

Think of the \$\$ you could save if you stopped smoking! An average smoker can spend over \$100.00 a month! Remember, smoking and drinking can be harmful to your health.

### **Treat yourself**

It's OK to treat yourself once in a while, but remember to be reasonable.

### **Remember**

You are not alone. Unemployment is an obstacle many people learn to overcome at one point or another in their working careers. Try to keep it positive and look at it as a learning experience. The more positive you are, the greater your success in finding employment will be!