



Coping with Job Loss or Job Downsizing

In these difficult economic times, many people are finding themselves suddenly and unexpectedly out of a job, or “downsized” into a part-time position while they still have full-time expenses.

Becoming unemployed—or dramatically underemployed—ranks high, along with death and divorce, as one of life’s more distressing events. So it is normal to feel shocked, traumatized, frightened, angry or depressed. What’s critical is not to become immobilized by these feelings. For example,

- If you feel trapped; feeling as though there is nowhere to turn
- If you are worrying excessively and can’t concentrate
- If you are having continued difficulty sleeping, your eating habits have been negatively affected, or your relationships are suffering
- If you find that past coping strategies are not effective in helping you through the event
- If you feel deep despair and/or have suicidal thoughts

It is important to get professional support. Please call us here at JFCS. We can help.

What Can JFCS Do for Me?

In addition to providing both individual & family counseling to help deal with the intense emotions and stress brought on by this crisis, JFCS can also provide

- Solution-focused case management to help you develop a plan of action
- Referrals to other agencies we partner with, and assistance identifying & accessing other community resources in the Portland metro area that may be able to provide additional support
- Food vouchers
- Home care subsidies for seniors who now cannot afford the help they need to remain in their homes
- Financial aid for housing, food, utilities, transportation, medication, clothing, and school supplies, as resources permit.

How Do I Reach JFCS?

Jewish Family and Child Service is located at 1130 SW Morrison St in Suite 316. Our emergency aid number is **503-226-7079 x40**. For bus routes and driving directions, please visit us on the web at **www.jfcs-portland.org**.

How Do I Tell My Family?

Explain the loss of your job to your spouse or significant other first. Then, with their help, explain the situation to your children.

Be reassuring that the family will make it through the crisis. This will demonstrate to children that a life crisis is surmountable and that positive outcomes can be anticipated.

Keep communication open by answering questions frankly, in an age-appropriate way.

Keep major changes to a minimum and maintain household routines as much as possible.

Understand the stress that each family member may be going through in reaction to your job loss. Family counseling can be a good way to help children deal with their fears and anxieties about what is happening.

Pay attention your emotions in order to reduce your reactivity and stay in control of your behavior

Help family members anticipate and formulate appropriate responses to questions from people outside the family.

What Other Steps Should I Take?

In addition to contacting JFCS, here are some things you can do to care for yourself during these stressful times:

- Schedule activities that give you a sense of accomplishment, concentrating on one task at a time.
- Increase your physical activity and exercise. This will improve your mental outlook and emotional well-being and help to alleviate stress. Use simple relaxation techniques to alleviate tension.
- Maintain a normal schedule and routine. Eat at regular times, go to sleep at your normal hour, get up in the morning and get dressed for the day.
- Record your feelings and experiences in a journal.
- Stay connected to the community. Participate in social activities with friends & family.
- Where possible, maintain your hobbies.
- Avoid drugs and alcohol as a way to cope.
- Renew your spiritual life.
- Remind yourself on a regular basis that you will get through this.

For more information

For more information on coping with job loss or for a list of Portland metro area emergency aid resources, please call us at **503-226-7079** or visit the Jewish Family and Child Service website at **www.jfcs-portland.org**