



Moving Forward with Your Life After a Furlough

The loss of a job is always surprising. If you just became unemployed, you are probably dealing with a lot of different feelings right now. The most prominent one is probably fear of change. You've just received the news. Effective today, your services are no longer needed. You know you're not alone, but somehow that doesn't make you feel any better. Your mind tells you to put together your resume right away, but your mind is also working at overtime speed. Here are some tips to help get your mind and body working together.

Grieving Time

Before you bounce into job-search mode, take some time to grieve. There's no denying your loss, so go ahead and mourn, and then prepare yourself for the new life ahead of you. Many people bounce back into jobs that are even better than the ones they had before. If you find yourself constantly worrying about your situation, discuss professional support. Many of the benefits provided during this period include access to the your Employee Assistance Program (EAP) through Behavioral Health Systems.

Get Moving—Literally

It can be easy to use work as an excuse for not exercising. After all, who has the time or energy

for the gym after working a 12-hour day? It's now worth scheduling time for a run or a walk. If you exercise in the morning, you will be pumped up for the day. If you have a buddy who is in the same situation, suggest he or she join you. Your friend might provide just the motivation you need to get out of bed. You'll feel better for it.

Time for Reflection

It's hard to move ahead when you don't completely understand your past choices. Now is the time to work on your resume, make a list of possible jobs and future career goals. When you are ready, put together a game plan for your job search. It should include everything you will need to do while job hunting, along with some deadlines. Don't just tuck this plan in a drawer. Pull it out and follow it. On days when you are feeling down, you will be surprised by how far you have actually come.

Employee Assistance Program (EAP)

Your EAP is a company-sponsored benefit that is free and completely confidential. If you are coping with stress from a furlough, contact BHS at 800-245-1150. Your BHS Care Coordinator will speak with you about options for support and what resources your company may provide for you and your family.



BEHAVIORAL HEALTH SYSTEMS