

COVID-19: Coping with Job Furlough



The global coronavirus pandemic and efforts to promote social distancing has greatly impacted businesses and organizations, forcing many to furlough staff. Experiencing a sudden change in income can be devastating. **You may have a flood of feelings including sadness, anxiety, anger or helplessness over the uncertainty of what comes next.**

Now is the time to focus on things you can control, such as maintaining your physical and emotional health, as well as making adjustments to your financial situation.

The following tips can help you cope with these changes:

Accept that your feelings are the natural response of being in an uncomfortable situation.

Remind yourself that life is unpredictable.

You may need to adjust your goals or timelines and allow for flexibility in your plans.

Use the experience to evaluate your life and affirm what matters most. Each day, think of three things for which you are grateful. Research shows that this is a practice that can help lift your mood and help you bounce back from setbacks.

Do something daily that you find rewarding and makes you feel successful.

Reach out to your network. Let them know what type of support you need. You may discover a potential temporary job opportunity, for example.

Evaluate your budget. Creating a budget or making adjustments can help you stay afloat in this uncertain time.

Prioritize your spending. If you find yourself over budget, prioritize your spending even further to make sure your money goes to where you need it most. For example:

- **Essentials** – Food, medicine, medical supplies
- **Housing** – Mortgage/rent, utilities
- **Debt** – Student loans, car loans, credit cards

Identify areas in which you may be able to receive assistance. Contact your financial institutions to see if they're offering any support or relief. Many mortgage companies are reducing or waiving payments for those experiencing hardship. Some credit card companies are allowing their customers to reduce their payments. Additionally, contact your utility vendors to see if they are offering any discounts during this time.

Use your stimulus check wisely. If you received a check, it is important to include that in your budget and use it wisely!

Stay in close virtual or telephonic touch with others. Keeping up with personal ties is important for your well-being.

If you're struggling with particularly strong emotions, seek help from a licensed professional counselor.

Check out more resources. Visit:

blog.healthadvocate.com/2020/04/resources-for-financial-emergencies/