

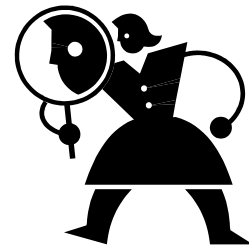
If you have been recently laid off...

1. **Keep in touch.** Hopefully the company you left did an Exit Interview and will know where to find you. If you were a good employee, stay in touch, updating where you may move to in your home and work, you may be hired back, so you want them to be able to find you!
2. **Take care of yourself.** Unless it's relevant to changes you need to make, don't rehash the past and don't get stuck in defense mode. This experience is also hard on your family, who understands, but needs you to move forward once you are able. You may actually mourn the loss of your job (and to some, their identity) but if you find yourself, through your own account or through that of others, not able to get "unstuck", then you should visit your physician as you may require some psychological counseling for a short period of time.
3. **Consider your options.** If you were lucky enough to have received a sizeable severance and you think you may be able to ultimately find work again, then this may be the chance to do some travelling with your family. You will come back refreshed and possibly better able to determine what your next step will be.
4. **Try not to throw your family into a state of too much upheaval.** It is normal to forget that they too are very much affected and suffering along with you, so try to keep their lives in much the same routine as before where ever possible.

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** Please note: recommendations will vary according to the recruitment group or company that you are talking to.*