



Tips for the Suddenly Unemployed

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As the national economy slowly recovers, jobs are lagging badly. People who have lost their jobs over the past year are still having a difficult time finding new employment. The McClatchy-Tribune News Service recently ran an article with [tips for the unemployed](#). In the article was a list of Web sites that seem helpful.

The threat of job loss continues to remain foremost in the minds of many workers. What steps should a person take once the dreaded pink slip arrives? Several Web sites have several good insights and answers. Here are a few sites with information about how to survive a layoff:

BEST-JOB-INTERVIEW.COM

www.best-job-interview.com/lay-off-tips.html

- Discusses coping with the emotional toll of a layoff, taking stock of career goals and networking for a new job.

LAYOFF SURVIVAL TIPS

lay-off-survival-tips.com/2009/10/27/how-to-survive-a-lay-off/

- Offers five key steps for adjusting to a job-loss situation.

NATIONAL FOUNDATION FOR CREDIT COUNSELING

www.nfcc.org/FinancialEducation/consumertips/consumertips_21.cfm

- Features a useful list of steps to take after a layoff.

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QUINTESSENTIAL CAREERS

www.quintcareers.com/layoff_action_steps.html

- Provide good insights on taking action to prepare for a layoff, and after it occurs.

THE UNEMPLOYMENT HANDBOOK

unemploymenthandbook.com/

unemployment-articles/just-laid-off-start-here /48-6-immediate-strategies-for-managing-a-sudden-job-lay-off

- Covers actions to take after a layoff, including filing for unemployment and cutting monthly expenses.