

Losing your job can affect your mental health, your marriage and your children.

Regardless of how it happens losing your job can leave you feeling ashamed, mad, sad and frightened. Long term, if you don't acknowledge and deal with feelings they can lead to significant problems in marriage, relationships with their children and may lead to deeper mental health problems such as clinical depression. How you deal with losing your job will also affect your children's emotional wellbeing.

So what can a person do?

- Don't try to deny your feelings - Allow yourself to grieve, feel anger, sadness, depression or anxious. These are normal and you can use learn from the feelings. T
- Talk about your experience with those close to you - let them in - draw emotional support from friends, relatives, and neighbors.
- Stay active - Establish new routines and maintain them. Do some of the things you have never had time for.
- Exercise - not heavy - just go for a walk 15 20 30 minutes. Physical activity helps your mood.
- When you change the way you look at things - the things you look at change - recognize unemployment as a challenge or growth experience
- Assess your personal strengths, skills, values, life themes and purpose. New directions will emerge. What would you like to do next in your life?
- Stay solution focused - Solution oriented coping moderates depression and increases self-esteem

Talk to your children and family:

- Problem solve and communicate, especially in regular family meetings.
- Explain to young children in ways that they can understand that Mom or Dad is not going to work at the same place anymore.
- Remember that young children are egocentric, so they often feel responsible if they do not understand the basis for a problem. Tell them directly it is not their fault that you are unemployed
- Tell them: "We're a strong family. We can bounce back from this setback." Show them with your positive attitude and actions what resilient adults do to take good care of themselves and their families
- With young children maintain consistent daily and weekly family routines to provide structure and stability. If you regularly go hiking on Saturday, strive to continue the routine
- Take steps that promote your and your family's adaptability and cohesion. As a couple, foster an egalitarian relationship based on love and respect

Finally:

- Seek counseling for yourself and your family, especially if signs of depression and suicidal thinking emerge.