

Preface

I started writing *Surviving Unemployment* after I was laid off in the high tech field for the second time in three years. Each time I was out of work, I searched the library and bookstores for information to help me deal with what I was going through emotionally and financially. I found many books about creating excellent resumes and cover letters, the technicalities of finding a job, but I found few books that focused on the emotional aspects of being without a job and looking for one. I found nothing that told me how to cope with my feelings of isolation, what to expect at the unemployment office, nor how to deal with pre-interview anxiety.

I continued to be moved to write this book, because I saw a lot of my friends being laid off and basically freaking out. They were people who had worked hard long hours and saw results. Now, even though they worked hard at looking for a job they saw no results (as in getting a job). Emotionally they were frazzled. I looked and saw no specific books geared towards helping people deal with what happens when they are unemployed, how to deal with the emotional ups and downs. I saw friends flying high when they thought they had found the job of their dreams and sinking to the depths when they not only did not get the job they wanted but they had no other job prospects.

I have been a meditator for many years and I have found that affirmations, visualizations; and relaxations have helped me maintain a centered disposition. Also, I found if I had the correct facts and if every day I did certain activities, then I also felt better. I talked this over with friends and they said I should write these ideas down and and let others know about them.

I have been writing since I was a small child. As an adult, I have made a fairly good living writing technical manuals. But, I always wanted to write something that was about my truth. *Surviving Unemployment* comes straight from my heart, because it deals with how I learned to survive my challenging unemployment situation, practically, emotionally and financially.

Introduction

Are you one of those people who when you first get unemployed enjoys your time and wonder why do I need a book like this one? Or are you one of those people who as soon as you become unemployed you feel the hours and minutes drag by wondering and worrying about when you will get your next job? Even if you are one who in the beginning enjoyed your spare time, during periods of extended unemployment, the out of work doldrums and the task of job seeking can become daunting. That is when to open this book.

You've seen books that solely focus on ways to find and get a job. Although this book does tell you how to write a resume that gets the best response, and how to go on winning interviews it also talks about how to deal with your negative self talk. For example, do you find yourself when in the midst of writing your resume thinking "this resume is bad" or when you are going on an interview do you hear yourself thinking "I know I don't have a much experience as the other job candidates."? Or, even worse, you're on your way to the interview and you start worrying "did I forget to bring something" or "I know the answers I give won't be the right answers."

If you're one of those people, who want to do your best, like many of us are, you've come to the right place. This book not only talks about how to write an outstanding resume, but it also tells you how to deal with the negative self talk that you are feeding yourself. In an understanding and compassionate manner this book will help you not only have a confident attitude when you go on job interviews, but also when you are waiting for the phone to ring to ask you to go on that interview.

The information I present in this book will gently guide you through every facet of your unemployment experience, from sliding through the trauma of losing your job, to learning how to find and get a job, and finally centering your emotions with relaxations and affirmations. When you are unemployed it is not only your task to get a new job, but it is also your task to be content and confident during the time you are unemployed. This book is about not feeling alone and dreading the extra time that you are suddenly given, it is about feeling your best when you go on job interviews despite the fact that you really want the job and your inner negative voice is saying you're not qualified. In other words it is about living life mindfully, while you wait for your work life to start again.....

This book and series is about using the Surviving Life Mindfully process while you toil through life's challenging situations. *Surviving Unemployment* re-centers you and teaches you how to thrive even though you may initially feel your world has just turned upside down. The Surviving Life Mindfully process presents five steps which moves you from a partially disoriented state of mind to feeling centered and on-track again.

- Know the correct information about being unemployed and don't feel alone. Learn that others are experiencing the same emotional distress as you are. Find out how to progress from the initial trauma you feel when a job ends, to feeling strong, competent and safe again. Discover how to survive and thrive when you are suddenly unemployed.
- Solve any practical problems. Learn how to manage on much less money for the interim between jobs. Get an estimate of how much your unemployment check will be. Learn how to manage exit packages that may include lump sum payments and IRA's.
- Be happy today; uncover ways to enjoy your extra time this day. Find in this book suggestions on ways to structure each day and fill the extra time that is suddenly on your hands. See how, if you let it, this time can be the most exciting, growth-oriented experience of your life.
- Know the type of job you want and learn the best options to get it. Find practical suggestions on not only how to *find* open job positions, but the best way to *get* the job that's right for you. Learn how to write an effective resume, be prepared for a spur fo the moment interview, handle pre-interview anxiety, and what to expect during a job interview.
- Perform affirmations and relaxations to help you over the rough spots. Affirmations and deep relaxations can help you to gain confidence and remain focused as you go on your job interviews. The ones in this book are specifically written for the job seeker and include visualizations that will walk you through your interview.

This positive and inspiring book supplies you with information that will help you throughout your job search. From the time you end one job to the moment you start another this book will teach you how to take the practical steps and stay steady emotionally. This book will take you around the corner from one job to another and startling enough you will benefit from the time during which you are surviving unemployment.