

## Review Your State's Unemployment Benefits

Information as of 3-25-2020

[Your guide to local and regional U.S. Department of Labor \(DOL\) programs and services.](#)

### Laid Off? Do's and Don'ts

The first 24 to 48 hours after job loss is a critical and often emotional time. Here are some suggestions to help you move forward productively.

**DO** review all information (severance agreement, COBRA, employment termination letter, etc.) that you received from HR/Management.

**DO** be honest with yourself and your family about your emotions: anger, anxiety, sadness, confusion. Mixed feelings are all normal reactions to job loss.

**DO** postpone contacting friends, prospective employers or recruiters about a new job until you have completed your communications strategy. *Get everything in order first.* You will want to make a good first impression and that is difficult to do immediately after receiving notice of a job loss.

**DO** review and save job postings of interest to you. *Do not apply for them yet.*

**DO** compile a list of friends, relatives and business associates who might be able to provide you advice, information and contacts. *Do not contact them yet.*

**DO** start a personal financial evaluation and consider delaying significant expenditures, if appropriate.

**DO** think about whether you want to relocate.

**DO** think about long-term career plans in terms of your preferred [Function, Industry and Geography](#).

**DO** take advantage of any career transition/outplacement services that are being provided for you. Most of these services are focused on helping you and they are free to you.

**DON'T** burn bridges or speak negatively about your former company, its leadership or its employees. Even though you may be right, you'll come across as bitter or hostile to people who may later be in a position to help you get a job.

**DO** remember that you are projecting your "brand" with EVERY encounter post job loss. Don't sabotage your job search by being negative, pushy, and demanding.

**DO** spend time creating an [Exit Statement](#) to explain briefly why you are in job search.

**DON'T** send out old resumes or begin your job search until after you have updated your resume. You will want to write a new resume appropriate to the current job market.

**DON'T** hesitate to attend job search groups, workshops or educational opportunities. This time in your career is a great time to learn new skills or learn the latest software.