

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Unemployment Blues: Getting Active**

**By Virginia Bola, PsyD**

**Unemployment Blues: Getting Active by Virginia Bola, PsyD**

Unemployment is depressing: financial pressures stress you out, looking for work is humiliating, and your fragile self-confidence reels under the blows of indifference and rejection.

It becomes harder to get up in the morning, to take care of yourself, to be supportive and loving to those around you, to swing energetically into job search activities.

Here are 7 tips on beating those I-want-to-get-a-job-but-nobody-wants-me blues.

1. Create a schedule for your week: 5 hours per day (maximum) of looking for work, 2 hours per day (minimum) of relaxing, having fun with others, and appreciating yourself.
2. Act as if you are still working: get up at your usual time, shower, have your regular breakfast - it will maintain your sense of sense and provide the familiarity of routine and structure in a world in which you are feeling increasingly alienated.
3. Get out of the house. Employers don't make house calls so circulate. Surfing the net for job leads may make you feel as if you are accomplishing something but is often only a means of escape. By all means, post your resume anywhere you can, but then hit the road.
4. Actively nurture your relationships. Avoid letting your misery and self-reproach poison your interactions with those who love you and want to help. Recognize that your loved ones may also be in distress and take the time to go somewhere and do something with family and friends.
5. List your abilities, skills, and positive personal characteristics on a piece of paper. Write down your past successes and triumphs, however small. Read the list daily to remind yourself of your value. Add to the list as you recall other positive qualities.
6. Remind yourself of the realities of the labor market - that most of us will change jobs dozens of times in our working life and many change actual careers several times. Being out of work does not mean that there is something wrong with you, just that it is now your turn to go through this upheaval. Next time it may be your spouse or friend - it is part of the human condition in 21st corporate America.
7. Be kind to yourself. Your self-confidence, self-esteem and self-regard have all been hit with a steel boot. Actively look at yourself with the eyes of a concerned friend and give yourself the support, sympathy, and goodwill that you would extend to anyone you love who had suffered the same fate.

Dr. Bola operated a rehabilitation company, developing innovative job search techniques for disabled workers, for 20 years. A licensed clinical psychologist, she developed vocational programs for the mentally ill, served as a Vocational Expert for Social Security, Civil Court, and pioneered vocational testimony in Workers' Compensation Hearings. She is author of *The Wolf at the Door: An Unemployment Survival Manual* (Authorhouse.com)

### **Unemployment Blues: Downward Mobility**

**By Virginia Bola, PsyD**

#### **Unemployment Blues: Downward Mobility by Virginia Bola, PsyD**

All the indicators show an improving economy and, finally, the start of job growth. More than eight million unemployed workers see hope around the corner and re-enter the nightmare of job search with increased enthusiasm and the positive outlook they lost six months ago when they virtually gave up on ever finding a good position.

What do they find?

Service jobs: customer service, hospitality, tourism, food, travel, entry-level healthcare, retail. What are these jobs offering? 30%, 50%, 75% less income than the old manufacturing jobs which have moved to foreign countries. Where are the benefits, the insurance, the paid holidays, retirement plans? Where have the stability, seniority system and regular raises gone?

It is a new world, an evolving economy, a changed future. Everything will work out, government forecasters confidently predict. With tax reductions continuing, the economy will expand and thousands of high-tech, highly compensated positions will be created. Keep the faith, job seekers are advised -- this is the United States where innovation and entrepreneurship always prevail and life gets better and better.

Keep mouthing the platitudes and perhaps the 50 year-old former auto worker with an eleventh grade education or the 60 year-old dislocated engineer with outdated job skills and high blood pressure will actually start to believe it. At least until they return to active job search and encounter the real, not the hypothetical/political, labor market. That is when the true economic progression of twenty-first

## Unemployment Blues: Getting Active

Century America emerges: an increasing number of millionaires, an increasing number of entry-level, low paid workers, and a great middle class vacuum.

The displaced worker is confronted with the choice of working at a level far below his/her skills, education, and abilities warrant, or staying unemployed. When the government reports that in the near future "Every one who

wants a job will get one," the connotation of unemployment is that jobless workers do not WANT to work. This political myth leads to increased depression, diminished self-esteem, and the final conclusion by the legions of the unemployed that their personal fears turned out to be true: they are worthless, unwanted, redundant. The universal anxiety about not being quite good enough, not measuring up, not able to run with the big dogs has been validated and the mental health of the unemployed deteriorates further.

Dr. Bola operated a rehabilitation company, developing innovative job search techniques for disabled workers, for 20 years. A licensed clinical psychologist, she directed vocational programs for the mentally ill, served as a Vocational Expert in administrative and civil court, and pioneered vocational testimony in Workers' Compensation. Author of *The Wolf at the Door: An Unemployment Survival Manual*, she can be found at: <http://www.virginiabola.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**