

# 14 Things to Do When You Lose Your Job

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

16

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

32m

**Estimated study time**

32m 22s

**Instructor**

Jeff Harley

## Introduction

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### 1 Making a plan after a job loss

## Before You Lose Your Job

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**2 Bolster your emergency fund**  
If you haven't been laid off yet, but think it's coming, start bolstering your emergency fund.

**3 Dust off your resume**  
You should always be ready to seize a good opportunity, and this starts with a prepared resume.

**4 Maximize your remaining benefits**  
Take advantage of any unused benefits before they are gone.

**5 Don't quit your job**  
Quitting your job almost guarantees you will not receive severance or unemployment benefits.

## The First 2 Weeks of Unemployment

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**6 Finalize your exit**  
The last days of work can be a whirlwind of information -- but being an active participant instead of a passive one can make a big difference.

**7** **Assess your insurance coverage**  
You likely will lose some insurance when you leave your job.

**8** **File for unemployment ASAP**  
Running out of cash is scary, so you should file for unemployment as soon as you're eligible.

**9** **Assess your financial situation**  
Losing your job can come with a financial strain.

**10** **Consider best and worst case**  
If you lose your job, don't panic -- just start making plans.

**11** **Revisit your budget**  
Re-budgeting can mitigate major pitfalls associated with losing your job.

**12** **Give yourself time to grieve**  
Be kind to yourself, this is a big change in your life and it will be hard.

## Being Unemployed

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**13** **Create structure in your life**  
Your full time job is now finding a new job, treat it as such.

**14** **Ask for help finding a job**  
Everyone loses their job at some point -- don't be afraid to ask for help.

**15** **Make major lifestyle changes**  
Sometimes unemployment continues longer than expected.

## Conclusion

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**16** **Recommendations to get moving**