# How to Beat The Unemployment Blues

## 8 Danger Signs

**Getting Sick More Often**
Having more coughs, colds, flu or stomach trouble. No energy, tired all the time.

**Not Sleeping Well At Night**
Not being able to sleep. Sleeping more or sleeping during the day.

**Using More Alcohol And Drugs**
Drinking or using drugs by yourself. Staying high all the time. Needing alcohol or drugs to get through the day.

**Becoming More Isolated**
Not wanting to see family or friends. Not going out. Staying at home all the time.

**Losing Interest In Things**
Not wanting to do things you enjoy or work on projects you have started.

**Putting Things Off**
Feeling there is plenty of time to get things done, but never quite getting around to them.

**Long Periods Of Depression**
Feeling down, feeling unable to cope with problems. No energy to deal with anything.

**Having More Fights With Family**
Getting upset over things that never used to bother you. Feeling angry and irritable more often than you used to.

## 7 Ways To Fight Back

**Stay Healthy**
When your body is under stress, you need to eat right, get adequate rest and exercise, and keep a regular schedule.

**Know The Effects Of Stress**
Know the sources of stress in your life. Pay close attention to your body and its stress signals.

**Don’t Blame Yourself**
Remember that unemployment is not a personal failure. It is a situation caused by circumstances beyond your control.

**Don’t Deal With Things Alone**
Let your friends, family and other people in the community help you get the information and help you need.

**Develop Support Systems**
Having people you can count on is the best way to fight stress. Talk with family and friends about what you are going through.

**Have A Plan**
Planning reduces stress and gets things done. Have a plan for your day, week, your job search and for your future.

**Stay Active**
Stay in touch with friends and co-workers. Get out and to places. Learn something new. Volunteer your services.

---

Copyright © E4 Health, Inc.