LONG-TERM UNEMPLOYMENT: FROM SURVIVING TO THRIVING

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WHAT IS “LONG-TERM” UNEMPLOYMENT?

According to the Bureau of Labor Statistics:

• People who are jobless, looking for a job, and available for work are unemployed.

• Long-term unemployed refers to individuals who have been looking for work for 27 weeks or more.

Source: http://www.bls.gov/bls/cps_fact_sheets/ltu_mock.htm
HOW HAS “LONG-TERM” UNEMPLOYMENT SHIFTED?

Note: Shaded areas represent recessions as determined by the National Bureau of Economic Research (NBER). Data online at http://data.bls.gov/timeseries/LNS13025703.

UNEMPLOYMENT AND DEPRESSION

**Source:** http://www.theatlantic.com/business/archive/2014/06/the-mental-health-consequences-of-unemployment/372449/
THE CYCLICAL NATURE OF LIFE
YIN PHASE = SURVIVING

Cyclical characteristics:
• Fall/Winter seasons
• Night/darkness
• Closing off/retraction

Mindset characteristics:
• Shame
• Avoidance of failure
• Escape/Withdrawal/Isolation
YIN PHASE = SURVIVING

Mentally focus on what is MISSING:
• Money (How will I survive?)
• Identity (Without my job, who am I?)
• Socialization/Community (Do I even need others?)
• Self-Esteem (What do I have to offer?)
• Integration of Work and Life (Can I regain balance?)
• Normalcy/Routine/Structure (Will the ambiguity end?)
• Goals/Purpose/ Meaning (Does anything matter?)
THE COST OF ISOLATION

Approximately, how many hours did you spend, socially, with friends or family yesterday? Please include telephone or email or other online communication.

Long-term unemployed most likely to have spent no more than two hours with friends or family

<table>
<thead>
<tr>
<th>Percentage who spent two hours or less</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>All Americans</td>
<td>25.0%</td>
</tr>
<tr>
<td>Total unemployed</td>
<td>22.4%</td>
</tr>
<tr>
<td>Short-term unemployed</td>
<td>21.5%</td>
</tr>
<tr>
<td>Long-term unemployed</td>
<td>31.1%</td>
</tr>
</tbody>
</table>

Gallup

YANG PHASE = THRIVING

Cyclical characteristics:
• Spring/Summer seasons
• Day/brightness
• Openness/expansion

Mindset characteristics:
• Compassion
• Cultivation of success
• Presence/Mindfulness/Welcoming
YANG PHASE = THRIVING

Mentally focus on what has become PRESENT:

• Prioritization (differentiating needs and wants)
• Reverence (for things as they are, including ambiguity and uncertainty)
• Empathy (connection to and compassion for others)
• Self-Talk (compassion for self; discovering inner wisdom)
• Emotions (welcoming all; cultivating positivity)
• New Experiences (uncovering possibilities)
• Transformation (ability to thrive in infinite ways)
FROM YIN TO YANG: SURVIVING TO THRIVING

How can we shift from a survival mindset to one that helps us thrive?

We don’t see ourselves as others see us… *We see ourselves as we THINK others see us.*
FROM YIN TO YANG: SURVIVING TO THRIVING

How do you THINK others see you?
• What do you imagine they are saying about you?
• What do you imagine they are thinking about you?
• How do you imagine they feel around you?

How do you WANT others to see you?
• What do you want people to say about you?
• What do you want people to think about you?
• How do you want people to feel around you?
MINDSET SHIFT: SURVIVING TO THRIVING

Step 1: Write down, “What don’t I want people to say?”
• Write down everything you do NOT want people to say.

Step 2: Write down, “What don’t I want people to think about me?”
• Write down everything you do NOT want people to think about you.

Step 3: Write down, “How don’t I want people to feel around me?”
• Write down everything you do NOT want people to feel when you are around.
MINDSET SHIFT: SURVIVING TO THRIVING

Step 4: Write down, “What do I want people to say?”
• Write down everything you DO want people to say.

Step 5: Write down, “What do I want people to think about me?”
• Write down everything you DO want people to think about you.

Step 6: Write down, “How do I want people to feel around me?”
• Write down everything you DO want people to feel when you are around.
MINDSET SHIFT: SURVIVING TO THRIVING

Step 7: Write down, “This is all part of the journey. Things are unfolding exactly as they should.”

Step 8: Write down, “Today, I commit to”

• Write down ONE action step related to job search.
• Write down ONE action step related to self-care.
• Write down ONE action step involving connection to others.

Example: “Today, I commit to customizing my resume for my dream job, to reading one chapter in Rising Strong, and to having a healthy dinner with Erin.”
SAMPLE ACTION STEPS TO THRIVE

Job Search Actions (aim for at least one hour):

• Attend a job fair
• Apply to one job of interest
• Meet with an accountability group
• Conduct an informational interview
• Attend a job club or networking meeting
• Attend a workshop at Workforce Solutions
• Customize resume and/or cover letter
• Meet with a career coach or career counselor
SAMPLE ACTION STEPS TO THRIVE

Self Care Actions (aim for at least one hour):

• Take a yoga class
• Walk or jog briskly
• Take a long bath
• Watch inspirational TED Talks
• Read an encouraging book
• Cook and eat a healthy meal
• Paint, draw, journal, or color in a coloring book
• Do a guided meditation or visualization exercise
SAMPLE ACTION STEPS TO THRIVE

Connection Actions:
• Meet a friend for coffee, breakfast, lunch, dinner, etc.
• Attend a job club or networking group with friends
• Volunteer for an organization close to your heart
• Call, Skype, or FaceTime with a loved one
• Attend a therapeutic or support group
• Attend a book club (or start one!)
• Cook a healthy meal and share it
• Speak with a coach or counselor
COMMIT TO THRIVING:
30-DAY MINDSET SHIFT

1. Take care of YOURSELF.
2. Take care of BUSINESS.
3. Take care of RELATIONSHIPS.

Try the MINDSET SHIFT exercise for 30 days. Email me to let me know how it goes!

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RESOURCES: SURVIVING TO THRIVING

Apps:
• Insight Timer – Meditation & Guided Visualizations
• Job Search Organizer

Books:
• The Depression Book – Cheri Huber
• Learned Optimism – Martin Seligman
• Rising Strong – Brene Brown
• Self-Compassion – Kristin Neff
• The Time Between Dreams – Carol Vecchio
RESOURCES: SURVIVING TO THRIVING

Podcasts:
• 10% Happier with Dan Harris
• Mindful Self-Compassion Training

TED Talks:
• Perspective is Everything – Rory Sutherland
• Listening to Shame – Brene Brown

Websites:
• http://www.healthline.com/health/depression/job-loss
• https://www.psychologytoday.com/blog/the-mindful-self-express/201110/preserving-mental-health-during-unemployment