

Financial and Employment Stress During the COVID-19 Crisis

Unique Factors:

- Speed at which happened
- Unexpected
- Unknown of when it will end
- Sudden change in your job role, schedule and/or location
- Will your job (schedule, type of work, remote vs office) change afterwards or remain the same
- Nothing you did personally; losing job was not your fault
- Everyone applying for unemployment and other financial support at the same time, resulting in delays

Targeted Strategies:

- Common Humanity
 - Remind yourself you are not alone in this; a significant number of other people experiencing this
- Self-Compassion
 - For many of us, our job is a large part of our self-identity. Remember that you did nothing wrong for job loss or financial burden to occur. This was a unique circumstance due to the pandemic.
 - This may be the first time you cannot pay your bills or pay them on time, which can be overwhelming and result in you being hard on yourself. Remind yourself that you are doing the best you can.
- Problem-solve and identify what you can control
 - Contact your HR department for options
 - Research what financial support you may be eligible for
 - Apply for support. Even if you don't obtain it immediately or are denied, you did what was in your control
 - Prioritize payments
 - Focus on your basic needs first (rent, food, medications for illness)
 - Find out what payments you can defer, submit late without penalty, or establish a payment plan (student loans, electric bill, medical bills).
 - Most companies are making accommodations during this time
 - Even though you may not be able to make a payment, you can experience a sense responsibility and a decrease in anxiety by calling the companies to make payment arrangements.
 - Identify what expenses can you eliminate (cable, gym memberships)
 - Look for temporary employment, even if it is a different job type or salary wage. Many employers are hiring temporary workers.
 - Is there anything you can sell online (empty your closet)
- Plan your day and implement a routine
 - Schedule dedicated time to making phone calls regarding payment arrangements, researching community-based financial support resources, applying for employment
 - Schedule dedicated time for self-care

Non-Profit Organization Financial Support:

- There may be fundraising events that you had to cancel due to the need to social distance
 - Consider ways to adapt these events to take place virtually
 - Increase use of social media for fundraising initiatives

COVID-19 Financial/Employment Resources:

- Local City and County Websites
- www.Daveramsey.com/blog