



COPING WITH UNEMPLOYMENT CHECKLIST

Hello,

My name is Al Castellanos and I am a licensed Insurance agent associated with the Checklist Depot. Do you know why checklist are important to have? Well I am here to give you that information. Checklist can help us stay more organized by assuring we don't skip any steps in a process. Seeing a list of what you must get done, instead of trying to remember it all, is going to save you a ton of time.

Coping With Unemployment Checklist is an important list to have. Unemployment is unexpected and a setback. Especially when you have bills and a family to take care of. It can cause stress and can take a toll on your mood, relationships, and overall mental and emotional health. Having time and the right coping techniques on your side, you can ease the stress and anxiety and help you move on with your working life.

Features and Benefits to Compare:

General Information

- Have your personal information at hand
 - Name, D.O.B, Children and other dependents
- Have your financial situation assessed
 - Income, Expenses, Assets, Liabilities
- Employee benefits
 - Meet with companies HR department to discuss your benefits
 - Find out when you will get your last paycheck
 - Find out if you will receive accrued vacation, sick pay, or overtime
 - Find out if you are eligible for workers' compensation or disability benefits?
 - Find out if you will receive a severance package
 - Find out if you can keep your employer-sponsored life insurance
 - Make sure that you secure reference letters
- File for unemployment
- Find a new job
 - Assess you job skills
 - Think about starting a new career
 - Think about the possibility of starting your own business or franchise
 - Prepare or update your resume

- Establish network contacts
- Practice your interviewing skills
- Line up your references
- Establish your minimum salary requirements
- Establish your minimum employee benefits you require

These and many more tips may help you when coping with unemployment, please check out the complete checklist and other important checklist at our website <https://www.prinsuco.com/Checklist.62.htm>.

If you have any questions regarding this checklist or any of the other checklist, please contact me at (281) 642-4082 or at alcastellanos@prinsuco.com.