

# *Navigating* **INCOME LOSS**

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**MONEY  
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NAVIGATING INCOME LOSS

SCRUTINIZE

DOWNSIZE

ENERGIZE



A stylized map of the world with a light blue background and teal landmasses. A dashed grey line represents a path that winds across the map, starting from the top left, curving around the top, then down the right side, and finally curving back towards the bottom left. A small blue boat with a red roof is positioned on the path in the upper right quadrant, moving towards the right. The text is centered in the middle of the map.

Sudden job or income loss  
can be stressful to navigate

Your path to recovery should include stops along the way to **scrutinize** your options, **downsize** your spending and **energize** your spirit



*Part 1:*

**SCRUTINIZE**



## REVIEW YOUR BUDGET

Go back three months and track exactly where you spend your money

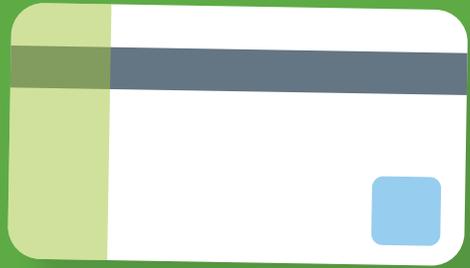
# RESEARCH YOUR OPTIONS

Check to see if  
you qualify for any  
unemployment benefits  
or government assistance  
programs



*Part 2:*

**DOWNSIZE**



## REDUCE YOUR SPENDING

Eliminate any non-essential expenses and substitute cheaper alternatives for your everyday purchases

## EVALUATE YOUR ASSETS

Take stock of your savings and investments—decide whether or not it makes sense to use your funds as part of your recovery





## INCREASE YOUR CASH FLOW

Make your savings stretch a little further by selling items you no longer need

*Part 3:*

**ENERGIZE**



## LEARN SOMETHING NEW

Invest in yourself by pursuing a new interest or developing a new skill

# PREP FOR YOUR JOB SEARCH

Refresh your resumé,  
practise your interview  
skills and take some  
time to focus on your  
achievements





## **PRACTISE SELF-CARE**

A healthy body and mind will help carry you through your recovery—remember to rest, to eat well and to stay hydrated

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Sources: BBC, Forbes, HelpGuide.org, Investopedia

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