**Ideas for Encouraging Those in the Loss of a Job**

* Acknowledge their Loss – Don’t Ignore It
* Say something - The perfect word or phrase rarely exists
* Listen – Listen – Listen - Be an active listener
* Cultivate a calm, non-anxious relaxed presence
* Give your full attention – Your presence is a gift
* Let them know they are not alone
* Say “I’m Sorry” and mean it
* Show them you care – You may not understand but you care
* Create space for them that will enable them to express their emotions (anger, frustration, embarrassment, etc.)
* Give them permission and safety to grieve (Safe People book)
* Pray with them & for them
* Limit your advice, for a few days, about a new resume, online job postings, the 10 best ways to find a job, etc. They don’t want to know how much you know; they want to know how much you care.
* Don’t hasten them into a new job search – Give them time
* Ask them what you might do to help them find a new job
* When they are ready - Offer to help them rewrite their resume
* Be one of their balcony people (*Balcony People by Joyce Landorf Heatherly)*
* *Refer them to whatsyourgrief.com*