Made redundant?

The practical guide to getting back into work and staying healthy

drinkaware.co.uk
for the facts
So you’ve been made redundant.

Your first impulse is probably to drown your sorrows with a drink or ten in the nearest pub, or to go home, hide under the duvet and never come out again.

As appealing as that approach may be, it’s probably not the best way to get your life back on track. Leading careers coach John Lees, author of a range of careers books including *How To Get A Job You’ll Love* and *Job Interviews: Top Answers To Tough Questions* has come up with the helpful tips in this leaflet on how to get back into work.

**Did you know...**

...you’d need to swim for 20 minutes to burn off the average 200 calories in a pint of beer or two small glasses (125 ml) of 12% wine.
Your health.

Drinking and slobbing out might seem like a fantastic idea to block out worries, but that won't help you take the positive steps you need to move on.

Give yourself a couple of days to relax and then get yourself on top form ready to get back into employment by eating a healthy balanced diet, getting regular exercise and staying within the recommended drinking guidelines.

To stay healthy, start your day with a 10-20 minute jog or brisk walk. Exercise will leave you feeling fresh, invigorated and ready for the job hunt, especially if it's accompanied by a good diet with lots of fresh fruit, vegetables and oily fish, and energy food like porridge and bananas.

Try to stay away from alcohol; it is linked to both anxiety and depression and will make you feel worse. It can have hidden calories and is linked to serious health problems such as cancer and liver disease. If you do drink, it is recommended that men drink no more than 3-4 units a day, equivalent to one and a half pints of normal strength lager, and women 2-3 units a day, equivalent to a large (250 ml) glass of 12% wine. It is also recommended that you have at least two days off from alcohol a week to give your liver time to recover.
Don’t panic!

Redundancy is happening to all kinds of people in all kinds of jobs. It’s not your fault and you’re not alone.

After you’re over the initial shock, make sure you know your rights: how you should be treated, your notice period, and if you’re entitled to a redundancy payment. Go to your trade union or professional body for advice.

You might be feeling angry at them at the moment, but could your employer help you get another job? They might be able to give your CV a review, do practice interviews with you, or introduce you to potential employers. You could even ask them for time off, before you leave, to job hunt.

Finally, unless you believe your employer has broken the law, don’t get bogged down in lengthy disputes. Save your energy for the next stage.

Did you know...

...alcohol can raise your anxiety levels.
Money matters.

With no or reduced income, it’s really important that you plan for the months ahead. Start by looking at your redundancy payment, savings and any other income you might have. Find out what state benefits you may be entitled to. Then work out a budget for the next three months.

If your sums aren’t adding up and you think you’re going to struggle to pay your mortgage, rent or bills, talk to your lender, landlord or supplier immediately about reducing or delaying your payments. It might surprise you how helpful they are.

Cut back where you can – but not on travel to interviews or meetings about work opportunities.

Did you know...

...eating a wide variety of food, especially fish, wholegrain cereals, nuts, beans, fruit, vegetables and protein, and drinking plenty water all help your mood.

Think carefully before making any big decisions. Take advice before spending your redundancy payment or saving it where you can’t access your funds. The same goes for borrowing money.
Getting help

Health advice
Drinkaware: www.drinkaware.co.uk
The Samaritans: 0845 790 9090
Drinkline: 0800 917 8282
National Drugs Helpline: 0800 776 600
NHS Choices: www.nhs.uk/livewell

Careers advice
Jobcentre Plus: www.jobcentreplus.gov.uk
Recruitment & Employment Confederation: www.rec.uk.com/jobseeker
Graduate careers: www.prospects.ac.uk
John Lees Associates: www.johnleescareers.com

Updating your skills
Government information: www.careersadvice.direct.gov.uk 0800 100 900

Advice on your rights and managing debt
Trade Union Congress: www.tuc.org.uk/redundancy
Citizens Advice: www.citizensadvice.org.uk
National Debtline: www.nationaldebttline.co.uk 0808 808 4000
Public services: www.direct.gov.uk

About Drinkaware
Drinkaware is an independent charity with the sole purpose of providing people with information to make informed decisions about the effects of alcohol on their lives and lifestyles. We help dispel myths and present the honest facts about alcohol, based on evidence.

drinkaware.co.uk for the facts