Tom Lost His Job

Pre-reading

Questions:
- How do you think Tom is feeling?
- Have you ever lost a job? How did you cope with the loss?

Definitions:
- Struggle – to make a great effort, to try hard to do something
- Discourage – to cause to lose hope or confidence
- Mental health professional – a specially trained person who helps people with mental (of the mind) and emotional issues

Reading

Tom had a good job for many years. He enjoyed his work and did his job well. He was respected by his coworkers. He was a friendly, positive person. Tom felt good about himself and his family. They had a nice home. They had enough food to eat. They had nice clothes to wear.

He was proud of providing for his family’s needs.

Tom is no longer proud or positive. He is struggling to see the good in his life. Tom was laid off from his job six months ago. Finding a new job has been difficult. Tom has become discouraged. He cannot pay the bills. He does not feel productive. His once happy home is depressed and stressed.

Tom is tired of thinking negative thoughts. He has decided to make some changes. He wants to be a happier, more positive person. Tom knows that a healthy mind and body require a good night’s sleep. He has decided to change his sleeping habits. He has also decided to exercise more.

Tom now goes to bed at 10:00 every night and gets up at 5:00 every morning. Tom is well-rested after seven hours of sleep. He walks two miles every morning. Exercise wakes him up and makes him feel energized. He showers and shaves. He dresses in clean clothes. He eats a healthy breakfast.

Making all of these small changes has made a big difference. Tom is happier and has more energy. He even thinks better! Tom wants to continue making positive changes. He has decided to meet with a mental health professional.

A job counselor at the Workforce Center gave him a person to contact. Tom asked for help, is committed to making changes, and is seeing the benefits. He feels better. His family enjoys being around him again. And, he has two job interviews next week.

Level 5.0
Understanding

1. In what ways did Tom feel he was a good provider? _____________________________________
   ________________________________________________________________________________

2. What does the word *depressed* mean? ______________________________________________
   ________________________________________________________________________________

3. What is the difference between being/feeling positive and being/feeling negative? ______
   ________________________________________________________________________________
   ________________________________________________________________________________

4. How did Tom create a healthier mind and body? ________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________

5. What does it mean to be *committed*? ________________________________________________
   ________________________________________________________________________________

6. Who gave Tom the referral to a mental health professional? _____________________________
   ________________________________________________________________________________

7. Why does Tom want to meet with a mental health professional? __________________________
   ________________________________________________________________________________

Writing

Choice A: In your own words, write about Tom’s experience in coping with the loss of his job.

Choice B: Write about your own experience in coping with a job loss or other stressful event.