

Laid Off Workers Report How They're Making the Most of a Difficult Time, According to New CareerBuilder Survey

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Laid off workers today are competing in one of the toughest job markets in the nation's history and struggling with increased financial pressures. A new CareerBuilder survey finds that, despite the hardships many of these workers are facing, they are focusing on positive aspects of being in between jobs to get them through a challenging time.

More than 1,800 laid off workers participated in the nationwide survey completed in June. Twenty-two percent of these workers reported that they are spending more time with family and friends as they look for new employment opportunities. Other ways laid off workers said they are making the best of a difficult situation include:

- 15 percent are fixing up their homes
- 14 percent are exercising more
- 11 percent are finally taking time to relax
- 8 percent are volunteering
- 7 percent are going back to school
- 6 percent are becoming more involved in their church community
- 4 percent are starting their own business
- 4 percent are taking up new hobbies
- 3 percent are traveling

"While finding a new job and steady paycheck is definitely top of mind, laid off workers are also concentrating on activities that will help them grow personally and professionally," said Rosemary Haefner, Vice President of Human Resources at CareerBuilder. "They are reconnecting with friends and family, getting involved in the community, taking classes and exploring new career path options that may lead to a greater return in the long run."

To make ends meet today, 23 percent of laid off workers reported they are collecting unemployment or other financial aid while another 20 percent are cutting back on spending outside of necessity. Other means they are using to manage budgets include:

- 16 percent are relying on savings
- 12 percent said their spouse or significant other is supporting the household
- 6 percent sold some of their belongings
- 5 percent are taking odd jobs here and there
- 4 percent are living on credit
- 3 percent moved back home or added a roommate

Survey Methodology

This survey was conducted online by CareerBuilder among more than 1,800 laid off workers in the U.S. who have utilized CareerBuilder. The survey was conducted from June 10 to June 15, 2009. With a probability sample of 1,800, one could say with a 95 percent probability that the overall results have a sampling error of +/- 3.20 percentage points.

About CareerBuilder

CareerBuilder is the global leader in human capital solutions, helping companies target and attract their most important asset - their people. Its online career site, CareerBuilder.com, is the largest in the U.S. with more than 23 million unique visitors, 1 million jobs and 32 million resumes. CareerBuilder works with the world's top employers, providing resources for everything from employment branding and data analysis to talent acquisition. More than 9,000 Web sites, including 140 newspapers and broadband portals such as MSN and AOL, feature CareerBuilder's proprietary job search technology on their career sites. Owned by Gannett Co., Inc. , Tribune Company, The McClatchy Company and Microsoft Corp. , CareerBuilder and its subsidiaries operate in

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