



HELPING *Mr. No Job*

IF YOUR HUSBAND is in the dumps after a layoff, here's how to help him.

✱ **TREAT IT AS TEMPORARY** When you discuss the situation, use language that implies he won't be at home in pajamas forever. "For men, finality is the biggest fear," says Susan Fletcher, PhD, a psychologist and author of *Working in the Smart Zone*. "Even though he could be unemployed for a year, talk about how this is 'just temporary' or 'the way it is right now.'"

✱ **HELP HIM MOURN AND MOVE ON** It's OK for your spouse to grieve the loss of his job—for a little while. Then you should help him move forward, with pragmatic suggestions, not platitudes. "Talk about next steps," Fletcher says. "Try to help him stay goal oriented."

✱ **ENCOURAGE HIM TO PLAN HIS DAY**

"It's important for an unemployed person to schedule his time," says Robert Leahy, PhD, author of *Beat the Blues Before They Beat You*, "or else he'll sit around and ruminate, and that'll make him more depressed."

✱ **DON'T EXPECT HIM TO BECOME A HOUSEHUSBAND** Sure, he's at home.

But that doesn't mean he's available for all the chores and child care. "It's a job to look for a job," Fletcher says. "One of the worst things you can do is act as if his role has changed just because he's unemployed."

✱ **EASE OFF THE CAREER COACHING**

If your husband wants résumé tips, he'll ask. Otherwise, leave him to it.

—KATE ASHFORD