

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

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

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

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

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

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

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

308

