



NOW IS THE TIME TO **STAY** *the* **COURSE**

Employers are having to make choices they never wanted to make. We know it's scary, and we want to give you some resources to help. Through it all you can still make the best decisions possible with your money.

WHERE TO START

First things first, you need to apply for [unemployment with your state](#) if you have been laid off or furloughed. Each state handles unemployment a little bit differently, but you can expect to see your first unemployment check within a few weeks. Until this time, it is more important than ever to [get on a budget](#) and save. A lower income means you have to lower your expenses. Cut the cable or streaming services. Get rid of subscriptions. Get to the bare bones of your essential expenses. Pay for those and save as much cash as you can.

REALIZE THIS IS TEMPORARY

The CARES Act changed the rules on borrowing from your 401K "eliminating" penalties for taking cash out early. This can make it tempting to pull from your account right now. [Don't do it!](#) It's your money, right? Yes, it's your money that you put away for your retirement as a long-term investment. By pulling from it now, you slash the power of compound interest and hurt your future.

And, yes—this is tough. But it's also temporary. And you know what else? You. Are. Tougher. You will make it through this, and you will be stronger when it's over. Keep telling yourself that—because it's true.