

# WATERBURY OIC

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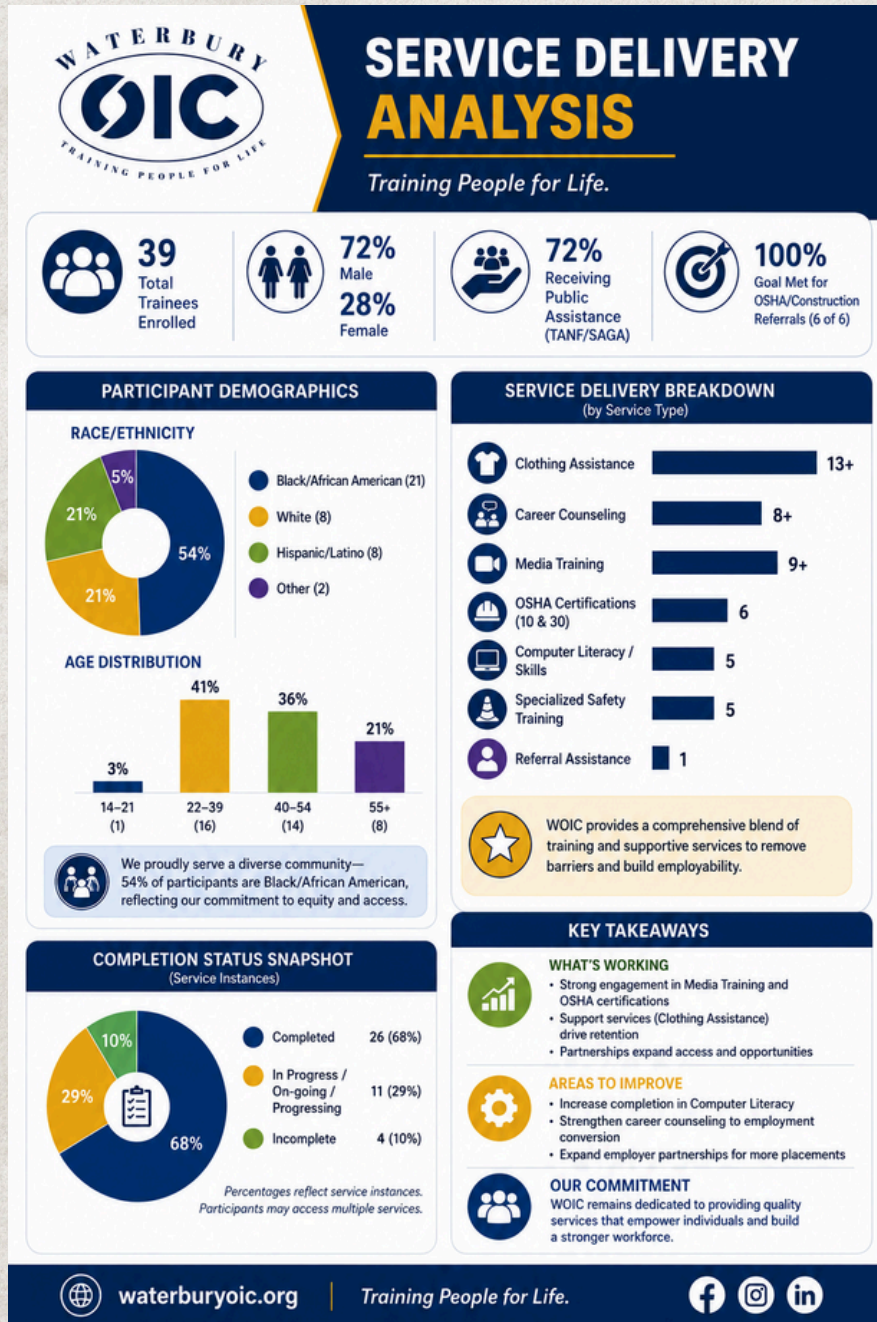


[WWW.WATERBURYOIC.ORG](http://WWW.WATERBURYOIC.ORG)



APRIL 2026

## HOW IS THE WORK GOING?



Waterbury OIC is serving as a community-based workforce access point, blending practical training, supportive services, and strategic partnerships to move participants toward employment. With stronger employer engagement, structured digital literacy instruction, and enhanced follow-up systems, we are well-positioned to improve placement and retention outcomes.

We believe in transparency and want to continue to share our progress and the ways we want to get better at serving the community. If you would like to join in our efforts please email [operations@waterburyoic.org](mailto:operations@waterburyoic.org) to discuss ways to help and collaborate.

*\*Data shared is reflective of our YTD for 2026*





## APRIL IS STRESS AWARENESS MONTH: MANAGING THE STRESS OF UNEMPLOYMENT

April is recognized as Stress Awareness Month, a time to acknowledge how stress affects our lives and to promote healthy ways of coping. For many people, unemployment or underemployment can be one of life's most stressful experiences. The uncertainty of not knowing when the next opportunity will come, concerns about finances, and the emotional toll of repeated job searching can create feelings of anxiety, frustration, and even self-doubt.

If you are currently seeking employment, know this: you are not alone, and your current situation does not define your value. Job searching is a process, and it's important to care for your mental and emotional well-being while navigating it.

### Tips to Reduce Stress While Job Searching

1. Create a Daily Routine: A routine helps create stability during uncertain times.
2. Set Small, Achievable Goals: Instead of focusing on "getting a job," break the process into smaller steps:
  - Update your resume
  - Apply to 2–3 jobs a day
  - Reach out to one networking contact
  - Practice interview questions
3. Move Your Body: Physical activity is one of the best free stress relievers. Even a 15–20 minute walk can: lower anxiety, improve mood, increase energy, improve focus  
You do not need a gym—walking, stretching, or dancing at home counts.
4. Limit Negative Self-Talk: Rejection can feel personal, but it often isn't. Replace thoughts like:  
 "I'm never going to find a job." with  "The right opportunity is still ahead of me."
5. Use Free Community Resources: Take advantage of local support like:
  - Career counseling
  - Job readiness workshops
  - Resume help
  - Training programs
  - Networking events

Remember Waterbury OIC is here to help so stop by and let's discuss how.