

Fidelity Viewpoints®

market sense



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The latest headlines, the current market conditions,
and what it all means for you.



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THE STATE OF THE JOB MARKET

Demand has cooled

Labor availability has increased


Supply/demand balance

JOB MARKET FOR JOB SEEKERS

Less
bargaining
power

Employers are
more
selective

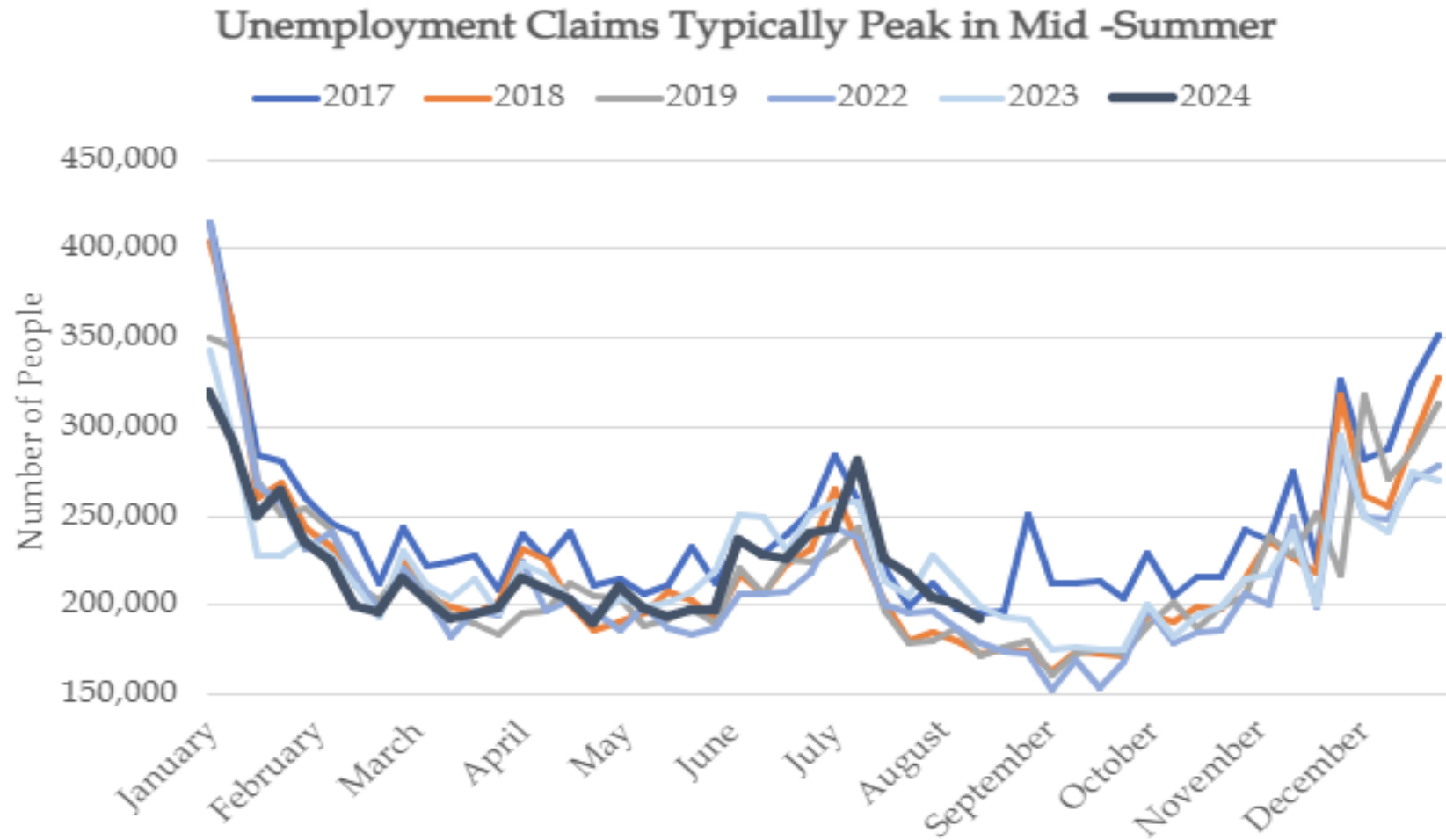
Less flexibility



What to do if you lose your job

- Review options like COBRA
- Look into options for managing debt
- Try to avoid tapping into retirement accounts

Unemployment Claims 2017-2024



Source: Department of Labor, Fidelity Investments (AART), as of August 2024



How to prepare for job loss

- Be cautious about income stability
- Save 3-6 months of emergency savings
- Keep resume updated
- Keep copies of your benefits and work contacts

1. Department of Labor, Fidelity Investments (AART), as of August 2024
2. Fidelity Viewpoints, August 24, 2024: www.fidelity.com/learning-center/smart-money/how-to-prepare-for-layoff

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