



Coping with Uncertain Times

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Times are uncertain. Coping with insecurity about your business or employment is one of the primary sources of work-related stress faced by many people. This article is intended to help you understand how to improve your response to uncertainty so that you can reduce your stress levels and be prepared for anything that life throws your way.

One of the most important things you can do to reduce the stress you may be feeling due to the current financial downturn is to moderate your exposure to the doom and gloom forecasts in the media. Yes, these are difficult times. No one knows how long they will last. What we can be certain of is that things will get better eventually. Find a healthy balance so that you can stay informed without allowing all the bad news to create a state of constant stress. We are going through a significant shift. It isn't the end of the world.

It is also very important to accept that there are some things you simply can't change. If you find yourself worrying about something that is clearly out of your control, practice some deep diaphragmatic breathing for a few minutes, or get outside and exercise. Even listening to uplifting music can refocus your mind. Positive thoughts and intentions are the key to keeping yourself healthy and chasing your worries away.

Another thing you can do to ease your stress about an uncertain future is to be prepared for the challenges ahead. One of the best ways to prepare for a possible economic crisis is to honestly evaluate your financial situation. Very few people enjoy taking a hard look at their finances, but it is the best place to start. Make a list of all your income sources and all the expenses you currently have. Take your time and really understand where your money is going. Once you've done that, be reasonable and figure out what you can cut back on or cut out. As soon as you have the complete picture, make the cuts and bank your savings. You may not be able to prevent a crisis but you will put yourself in a much better position to deal with one.

Don't forget to take care of yourself. Bolster your optimism by spending time doing things you like. Make sure you include some money in your budget for things that support your well-being like exercise, eating right, getting energy work or having a massage. Keeping yourself healthy will not only help you perform better at work, but it will put you in a great position to handle any crisis that might come along.

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