

5 Tips For Managing Life's Day-to-Day Challenges in a Tough Economy

By Sardek P. Love

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Millions of people feel overwhelmed, uncertain, and fearful as a result of the economic challenges the world is experiencing. After all, the U.S. hadn't experienced a severe recession in 25 years. Unemployment is in the double digits, millions of job losses continue to dominate the global business environment, and government leaders continue to be mired in debate regarding how best to address the challenges. With all of this going on, it is no surprise that every individual has issues that are keeping them up at night - personal finances, job security, healthcare, and the list goes on and on.



So how can you minimize the stress associated with the difficulties of the economy?

It starts with gaining control over your thoughts so that you reduce the level of uncertainty and fears associated with your present and future. Here are 5 simple tips for thinking your way through these difficult times. Do them every single day, and over a short period of time, you will find yourself feeling better because you will have a daily routine to manage life's twists and turns.

STOP MAKING EXCUSES: START LOOKING FOR OPPORTUNITIES

Every time you are confronted with something that didn't turn out the way you had hoped, quickly turn your focus and attention to trying to find a new way to get what you want. Constant focusing on missed opportunities negatively affects your attitude and reduces your belief whereas constant refocusing on positive outcomes will build your resilience and increase your chance for success.

STOP THE LIMITING THOUGHTS: BELIEVE YOU CAN

Rather than maintaining fear you will not get what you want, identify at least 1 action you can take to further you along the path to getting what you want. By thinking this way, you will quickly see there are many paths to getting what you desire, and that is OK. Belief is necessary to get through difficult times.

ENGAGE IN POSITIVE CONVERSATIONS EVERY SINGLE DAY

It is no secret, when you are encouraged by others, you feel better. Avoid spending a great deal of your day talking to people who are negative thinkers. Find people you can talk to who remain positive, who encourage you, and who boost your spirits. These people become your Success Team, and it is vital that you talk with at least one member of your Success Team every day.

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DO SOMETHING THAT BRINGS YOU JOY

Another simple but great strategy - do something that you enjoy doing that is not counterproductive or detrimental to you or others (like smoking or using drugs). You deserve to feel joy daily, and you have to be responsible for making that happen. When you do, you will be surprised at how much more resilient you become.

TAKE ACTION TO ADDRESS PROBLEMS AND CHALLENGES

You will need to develop an action plan to address the things that are keeping you up at night. You can develop the plan by simply identifying the strengths, weaknesses, opportunities, and threats to your lifestyle. Once you have your SWOT results, identify short and long-term goals. From those goals, identify actions you can take each day to move you closer to achieving your goals. This process has many benefits. It helps reduce your anxiety because without a plan, you can easily become overwhelmed with the unknown. The plan identifies your most pressing problems, and you can identify actions to address them.

By practicing this daily regimen of thinking positive thoughts, believing you can, and taking action to address the problems that are of greatest concern, you will be better prepared and better able to get through these unusually tough times. And remember this, economic booms and busts are cyclical - so learning how to manage through this one will prepare you for the next downturn that will happen in the future.

For more information on effectively managing to success, contact me at your convenience. All the best to you!

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