

# Staying Sane During Crazy Times

Tips To Help You Cope With The Financial Crunch



**The last few months have certainly been bumpy** and many of us are wondering what's next for us, for our jobs, for our country. In these turbulent times, it's so tempting to throw up your hands, hunker down in your house, and hide from the world that seems overwhelming. It is so understandable if you're feeling this way, but **don't give in, we will get through this.**

Now is the time when we need each other most. We thrive on hope. If there's anything we know for sure, it's that we can give each other hope and we can help each other through this time. Don't give up, don't close out the world, reach out to a friend and use the tools below to help you feel better about these rocky times. Together we can do anything and we can get through anything.

### Focus On What You Can Change

Most of us can't do a darn thing to change what is happening on Wall Street or in the world's financial markets. We are at the mercy of diverse forces that have been hovering like a dark, gray storm cloud for some time. What's happening really isn't a surprise. Most of us know someone who qualified for one of those no money down, no interest, no payment type loans. And deep down, we knew that wasn't smart. Wise people have been talking about inflated financial markets for a while now, predicting serious and long-lasting implication. Unfortunately, those wise people were right and the implications are just now starting to surface. We can't change what has happened, but we can change how we react!

### Danger Changes How You Think And Feel

As neuroscience has confirmed, there is a tricky and complicated dance between our emotions and logic. We feel before we think, especially when in danger, and this puts us humans in some tricky situations. Why? Because just when we need it most our fantastic brain fails us. When we are paralyzed by emotions like fear, anger, or acute distress, we literally shut down. Our cognitive abilities are impaired, we see fewer options, our creativity and resilience are inhibited. And it gets worse -- because emotions are contagious, toxicity spreads from one person to another, group to group, country to country. Knowing this, take some time to slow down, work to let go of your fear, and spend time working to help yourself feel better.

### We Will Survive

We need to stop the madness. We've got big problems to face, individually and collectively. And we need every bit of brain power. We need hope. We need resilience, and we need passion for

change. We need to rise above fear, and we must look to the future with a belief that in the coming months and years, we will re-form our lives, our companies, even our economies.

### What To Do Now

What can you do? Good question! There's no one-size-fits-all answer, but here are some questions to get you thinking: What are you feeling right now? What emotions have colored your mood for the last week or two? The last month? How are your emotions, your moods, affecting you and the others around you? Good. You're practicing self awareness--the first step in short circuiting dysfunctional emotions, thoughts and behaviors.

Then think about this: in the midst of all the rotten things happening around you--or maybe to you--what rays of hope do you see? Is it the light in your little girl's smile? That hug early in the morning, before rising? The warm Spring breeze? Or maybe, changes that seem dire will open a new door for you, one you wouldn't have had the courage to open on your own.

Finally, go talk with someone. Someone you care about, respect, even love. Talk about everything that's going on with you. Share real feelings with each other, real fears, real ideas, hopes and dreams. Together, we can face just about anything. We are people wired for hope. Go tap into yours!



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