

## **Tips for Dealing Effectively with Economic Stress**

During tough economic times, people sometimes feel more stressed than usual. Below are some helpful tips for managing the stress you may be feeling.

- Stay committed to what you had already been doing
- Find ways where you can take control
- Look to see if there are alternative/additional sources of income
- Keep an account of what you spend
- Write down specific ways you can reduce expenses
- Develop an action plan: Look for solutions with whatever tools you have
- Do not make sudden big changes in response to bad news; think things through
- Consider contacting a non-profit consumer counseling service
- Know that setbacks and the stress that goes with them are inevitable
- Recognize that setbacks are almost always temporary
- Find friends who will offer emotional support, and don't talk about these issues with people who just don't "get it"
- Find friends who will share expenses
- Try to find low-cost or free activities that are fun
- Look into the possibility of food stamps or other sources of help
- Use Career Services for resources about finding and landing a job
- Keep communication going in your family, don't allow for isolation and alienation
- Work politically for economic justice
- Consider talking with a counselor at Counseling and Psychological Services