



Recession Proof Serenity

Maintaining Inner Peace During Times of Crisis

Welcome

Welcome to the first issue of Recession Proof Serenity. This newsletter was designed to be a comforting friend showing up in a mailbox chock full of ebill reminders and notices that “yes, you



have just won a Microsoft award worth twenty billion dollars because your Nigerian uncle willed it to you and they just pulled your name out of a

hat” spam. I don’t know about you, but the spam irritates me slightly more than the ebill reminders because it’s just another invasive way that I’m reminded of how greedy and mean some people can be – preying on people like me – single moms with no jobs – and people like you – whatever your situation might be.

So things are stressful and logging on to the internet exacerbates stress. The bad news is that Recession Proof Serenity will not eliminate the sources of stress. What I’m hoping it will do is give you some ways to keep your sanity and your peace intact even though we may be in an emotional crisis. The crisis could be brought on by a job loss (either yours or a

loved one’s), the fact that you lost money you had invested in various places, or just by the fact that we are regularly bombarded with bad news and that spikes fear in many of us. But there is good news and the good news is serenity can be within our reach!

So read on and be confident that you will find tips and ideas in this newsletter to help you recover if you’ve started to lose it or will bring you back to earth if you’ve lost it already. And if you are one of those lucky souls whose feet are firmly planted on the ground and nothing is going to rock your boat...send me some of your tips so we can all benefit from your experiences. Email me at susanayers@CatGotURTongue.com.

So sit back and enjoy Recession Proof Serenity and let that old peaceful easy feeling be regenerated

TIPS TO KEEP SERENE:

Get out the house every day. Call a friend and meet for coffee or better yet, go for a walk which won’t cost you a cent.

Writing it down cuts it in half. If you have a problem that is weighing on your mind and causing you anxiety, write it down in a journal or notebook. Spend a few minutes deciding the worst thing that could happen if your problem occurred. Tell yourself that the worst thing probably won’t ever happen. Mark Twain said it best “I am an old man and I have known many troubles but most of them have never happened.”

Join the local YMCA. I know. You're probably thinking "that costs money that I don't have". But remember, the YMCA is a non-profit organization and one of the Y's missions is to not turn anyone away because of finances. They have many options available to you depending on your financial situation. Even though last year's tax return (which they review for financial assistance) says you had a job (which you don't now), that's okay. They understand that and will help you to find an option that you can afford. They may even offer to put your membership fee on hold while you still use the facility. Or they may even allow you to volunteer in lieu of payment until you are back on your financial feet. Don't just stop going and cancel your membership if you lose your job. The Y wants to help. If you're not currently a member and you've lost your job – call them and discuss options. The Y is a great place to network, make friends, get out of the house with a destination, and take care of your body and your spirit.

Volunteer. There are tons of organizations that would love to have someone capable like you to help them out. Spend one day a month (or even a week) volunteering at local hospitals, your area SPCA, Habitat for Humanity, a nearby foodbank or even your local church. They can always use an extra pair of hands.

Hang out with your kids. Find out if you can have lunch with them at their school. Go to their sports practices (something you probably couldn't do when you had a job.) If you are working, make time in your schedule to spend more time with them. Schedule a special night with each kid to go to a movie, get ice-cream, attend a sports event or take them shopping. To kids, spending one-on-one time with a parent is very special and you'll be making great memories to replace the old stress that you're getting rid of. And if you don't have kids of your own, borrow some. Take your nieces or nephews or grandkids or neighbor's kids out for an afternoon.

Learn something new. You can do this whether you are working or not. Learning something new gives you a better sense of control over your life.

There are tons of online websites out there and you can learn anything you put your mind to. Online learning programs (many of which are free) available if you want to learn a foreign language or a new craft. A great site that doesn't cost a ton of money is www.lynda.com and they provide video tutorials and podcasts if you want to expand upon your skill set or learn something totally new.

PREPARE YOURSELF

In the past, I have had times where the blues would set in and not let go. I'd think they were here to stay. But the last time I got really down for a significant period of time (more than just a day or two) I did something about it. I put together a drawer of special items that I promised myself I would not touch until the next time the blues set in. The drawer consisted of, among other things, a box of flavored tea, a paperback novel I was really looking forward to reading, and a classical music CD. (I wouldn't even listen to my favorite classical station on XM – I wanted to save that for when I needed it.) I put those items aside and I thought "okay, next time I get into a funk, I'm going to be prepared". And guess what – I finally had to break down and read the book and drink the tea because that sadness never did occur. I guess it may show up eventually but I know what I will do. I will treat myself with kindness and love – the way I would treat a best friend if she fell ill or depressed. I will take special care of myself and not become angry or impatient. I will accept that things are the way they are supposed to be and I will accept that this too shall pass.

So when the job market or the unemployment rates or just the world in general starts to get you down, I hope you'll reach for your copy of *Recession Proof Serenity*. And I hope it will help you find ways to get through these difficult times with ease and peace. And when you get through the tough times, my wish is that you will help someone else do the same. That's really the secret to finding serenity within! More next time and until then...Peace!!!
Sue