

Staying 'Up' in a Down Economy



During difficult economic periods, anxiety and stress can become overwhelming. Instead of pulling the covers over our heads, Montville psychotherapist Dara Mastro says "to tackle the beast head-on" with these four steps:

- 1. Practice positive self talk.** Instead of telling yourself "This is overwhelming," or "I can't handle this," reframe your self-talk to statements such as, "I will do what it takes to deal with this," or "I will succeed with plan B." As unnatural as it may feel at first, continued positive self-talk statements will contribute to a sense of well being.
- 2. Reflect on the pros, not the cons.** Write down on a piece of paper all you have accomplished thus far. When one views concrete accomplishments, motivation will likely kick in.
- 3. Next, set goals.** Start with short-term objectives, and put a timeframe on each one. Your self-confidence will improve as you see your goals come to fruition.
- 4. Finally, laugh!** Schedule some time to kick back and laugh with friends. Perhaps watch a comical movie or sitcom. The power of laughter enhances the spirit and brings positive energy your way. Try it, it really works!