TIPS for Employees weathering the current economic times

1. PREPARE yourself for a job search when job security is a worry. Look for the things you can CONTROL – work on developing an updated resume, good contacts and social networks.

2. CONDUCT your own skills inventory by asking friends and family to identify your strengths. Make your own list of skills and attributes you have accrued at your present job and previous ones.

3. DREAM big. Potential job loss can get you thinking about career opportunities you have always wished to explore. Research career paths of interest and determine their required skill sets.

4. STAY connected to your world outside work. Job prospects can surface when you continue to stay in touch with family, friends and neighbours. Community clubs, alumini organizations and activities are another place to network and cultivate potential job contacts.

5. AVOID low morale at the office. Avoid the rumour mill. Stay detached from gossip and negative thinking and focus on your own accomplishments and goals.

6. CULTIVATE your hobbies and interests. Now is the time to lift your mood by exploring the passions and interests that make you happy.

7. SEEK out your friends. Share each other's insights. Friends can offer support, comfort and humour.

8. UTILIZE company supports. Take advantage of your company's Employee Assistance Program. These programs offer confidential counselling and can steer you towards important resources.

9. TAKE CARE of yourself. Don't drop your exercise program because you are too stressed!

10. EXERCISE, sleep and good eating habits still comprise some of our best measures at combating mental health issues such as anger, depression, stress and anxiety.