

11 Tips for Tough Times...

1. **Connect** with one other person for support. Make a pact to talk and listen regarding your concerns (Maybe a relative, trusted friend, co-worker, new internet friend etc.)
2. **Read** articles on your subject matter (local newspaper, magazine, online etc.) If your issue is financial check out Dave Ramsey's site: <http://www.daveramsey.com>
3. **Put your financial house** in order. Start small by making copies of all of your credit information (cards, 800 #'s, insurance papers etc.) Get some order in the house.
4. **Make a simple will** - click on this link for your \$15 will kit <http://www.uslegalforms.com/dave/?auslf=daveramsey>
5. **Prayer** is also in order. God cares about every little details of your life. Talk to Him today about your concerns. (If you need help in this area contact NBCC.)
6. **Time for a scream:** Find an appropriate place (Attic & basement, in the woods) and let it rip. Maybe it's time for a good cry too.
7. **Make a plan to grow food** next spring. Use one 5 gallon bucket, some potting soil a couple of tomato plants and your off and running. The watering and caring time will be minimal but the fruit of your labor will surprise you.
8. **Reduce stress:** Take in less caffeine. It's in tea, cola, and cocoa and in many over the counter drugs like Anacin & Excedrin. (For example Anacin contains 400 mg of aspirin, 32 mg of caffeine). www.anacin.com/faqs.cfm (for more information)
9. **Visit your church or house of worship** in order to hear God's word. You will find guidance for your soul. You will have the opportunity to connect with God who is so much bigger than everyday life.
10. **Give something away** it is always good to share with others. Small gifts mean much more than we may imagine. There is blessing in giving both to the giver and receiver.
11. **Reduce your stress** by listening, watching and reading less news. Some people call it "news fasting." All of the bad news is a major contributor to our stress.