

BE WARY OF BURNOUT IN TIMES OF CRISIS

MAKE SURE TO TAKE
TIME TO RELAX AND
CARE FOR YOURSELF
DURING PANDEMIC,
WRITES DR. NADIA
ALAM



DR. NADIA ALAM
Column

As the daily number of people who test positive for COVID-19 continues to rise, as we send our kids off to school with masks and hand sanitizers, as we buckle down to control the spread of infection in our communities, I find myself thinking of how massively our lives have shifted.

People have died. Lost jobs. Are now homeless. Or are stressed from the sharp turn our lives have taken.

Entire industries have been flattened.

Our world has changed.

While we figure out how to best fit the pieces of our lives back together again, I'm going to remind you: take your time. Slow down.

It is easy to burn out in a crisis situation. To overextend yourself. To commit to doing a bit more, taking on one more responsibility ... just to help someone else out.

Humans are social creatures and adhere to a social contract where we do things for the community's well-being.

But, sometimes, it's a good idea to just stop. Breathe. Take a moment — a few minutes, a few hours, a few days — to check in and make sure that you are

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still able and willing.

Decision-making during crisis situations can be exhausting.

And during COVID-19, we're all stuck making high-stakes decisions with imperfect, ever-changing information.

You can't rely on usual patterns of thought or action. You can't rely on gut instincts. We are walking new ground.

And that means actively engaging your brain to think through ... everything. From how to keep your kids safe, to plans for the school suddenly sending your kid home. From how to socialize, to plans for coming in accidental contact with someone who turns out to be COVID-positive. From how to manage your usual conditions, to plans for if you catch COVID-19 and have to isolate or go to the hospital.

The fatigue sneaks up and overwhelms your reserves.

So make time to stop. Breathe. Check in. Do something restorative. Something relaxing. Energizing. A reminder that life can be good even in the midst of a pandemic.

Looking at these words, I'm reminded to sometimes, take my own medicine.

Nadia Alam is a Halton physician and past president of the Ontario Medical Association. Her columns also appear on www.drnadialam.com. She can be reached through her website.

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CHANGE HAPPENS, SO PLAN AHEAD

PREPARATION IS THE
KEY TO STAYING
COMPETITIVE AND
PROSPEROUS,
WRITES PETER
WATSON



PETER WATSON
Column

The natural forces of capitalism mean that some companies will prosper, and others will fail.

Workers are encouraged to think proactively about ways to make your future more secure against possible job losses.

Capitalism can be cruel.

In the search of profit, companies are competing vigorously with each other. Firms attempt to improve their operation and expand market share at the expense of competitors.

Some companies win, some companies lose. The good fortunes of their workforce depend on how their employers succeed or fail in an ever-changing, fiercely competitive business marketplace.

For those that earn their

living working from these companies, there is risk. That risk is out of their personal control.

Our recommendation is for each individual to manage those factors they do control. Be aware of trends and how they could affect your ability to earn an income. For example, Amazon continues to expand. What firms are at risk because of this?

Amazon recently announced it is opening 100 new warehouses in Canada and the United States. This quarter, they are hiring 100,000 additional workers, which is consistent with their hiring pattern over the last year.

Ask yourself if you anticipate whether your em-

ployer will be operating a year from now.

What things can you do now to solidify your career opportunities? Should you seek additional training? Should you change jobs? What is the risk if two people from the same household work at the same company?

Consider your personal finances. Is this a good time to decrease debt or increase savings in case you suddenly find yourself unemployed? It is extremely easy to feel confident when things are going well. In reality, we all know that things can change.

This by no means is meant to be a pessimistic outlook, but an optimistic, proactive thought process that each and every one of us can do to protect our future.

Peter Watson, of Watson Investments MBA, CFP®, R.F.P., CIM®, FCSI offers a weekly financial planning column, 'Dollars & Sense'. He can be contacted through www.watsoninvestments.com.

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