

10 ways to beat recession blues



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- 2. Stay on the search:** although unpleasant, if you are experiencing financial tension and related problems while you scour the job market, you are actually in the best position to find and secure a job. People who honestly and realistically identify their need for a job work more intensely to find one, and in turn land a new role before less concerned job seekers.
- 3. Reduce credit card debt:** higher levels of debt are associated with greater levels of emotional distress, poor self image and eating habits, and lowered sense of financial efficacy. So reduce high interest debt as soon as you can.
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Arrange an appointment with your financial adviser

This year's Federal Budget has several implications for financial strategies. If you'd like to discuss how you could be affected and what this means for you, please contact your financial adviser to arrange an appointment.

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