

## ***Recent Market Conditions Have Us All Worried***

### ***But We Have Been Here Before***

I realize that the political situation and recent market conditions are disturbing. The media constantly bombards us with bad news, yet seems to ignore the opportunity to promote the good things that happen. And, it seems the stock market can't make up it's mind either! It feels like we have been in a state of economic uncertainty for the past three years. In reality, we are always in a state of uncertainty. I believe we will survive it now, just as we have in the past. I came across an article I wrote during the market crash of 2008 and wanted to share it with all of you again.

If you or anyone you know would like to speak with me regarding your current financial situation, please call 704-315-5623 or email us at [info@moneycounts.biz](mailto:info@moneycounts.biz) to set up an appointment.

### ***The Sky Is Falling! How Do I Cope?***

Ask Debbie:

Everyone around me thinks the sky is falling! How do I know when to duck? Can you give me some pointers to reduce my stress and to make better decisions in difficult times?

#1. Think about your current income situation. Is it stable? If you, or your partner, have steady income and work in an industry that is also stable, temporary changes in the economy should not impact your earning potential. In addition, if you have a high level of experience, chances are that you will be even more valuable to your employer when times are tough. Don't plan to make unnecessary changes to your employment situation until the economy improves.

#2. Understand your time horizons for major life style transitions. Have you been thinking about buying a home, starting a family, starting a business or new career, taking a break from work and going back to school, or planning to retire soon? You will probably feel less stressed if you delay these major commitments of money and time until you feel more secure about the economic conditions, unforeseen expenses or possible reduction in earnings. If none of these transitions are in your plans, you should not need to liquidate assets while values are depressed. So don't panic!

#3. Look for opportunities in changing market conditions. Perhaps you would benefit from refinancing your home to reduce your interest rate and monthly payment. Think about setting up a home equity line, if you don't have one in place, to be used if a short term cash need occurs and your savings aren't

sufficient. Take this time to review all of your financial choices and make sure that they are serving the purposes you intended.

#4. Keep track of your discretionary spending, and don't purchase large expense items such as cars, unless absolutely necessary. Be vigilant with your use of credit cards and be aware of the interest rates that you are being charged. Credit card companies take advantage of weak economic news to boost interest rates, freeze credit lines, and increase required monthly payments. Don't add to this situation by running up card balances, unless that is your only source of funds.

Remember - it is normal for our economy to have up's and down's. Look forward to the next upswing, and don't get caught up in negative thinking. Be prepared to play the waiting game and look forward to better times ahead.

And as your Trusted Advisors, we always look forward to hearing from you. If you or someone you know is in need of our services at this time...or even if you just have a quick question or would like to touch base...please feel free to give us a call -(704) 315-5623 - or email - [info@moneycounts.biz](mailto:info@moneycounts.biz) today!

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