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FOR RELEASE

Five County Solutions

“Helping You Manage Between Jobs”

PLAN-A Four-Letter Word

“Can you be asking me to PLAN!? What are you thinking? There are too many unknowns in my life right now to begin to plan anything.” This person might be you and you might be thinking that PLAN is indeed a four-letter word.

It might seem that being able to plan is an option of the past when your life was more stable and had some predictability to it. So now that the certainty is gone from your situation for a time, to PLAN may seem like a luxury from your past and now it is just a reminder of what abilities you used to have.

I think the ability to PLAN is still with you and more important than ever. PLANNING only ever takes place in the present and looks to the future. Each of us has within us at all times the opportunity to recognize what we value and the resources we have available to us to support our goals.

We have been writing over the past several months about values, goal, wants, and needs. As well, the resources that are offered within your county have been listed in articles and posted on county Extension websites such as <http://www.greene.osu.edu>, under our “Five County Solutions” banner. I propose that the time to PLAN is now and it is the most logical thing to do. Now is not the time to let emotions get in the way of making good decisions and yes, PLANS.

Identify daily life practices, routines, and procedures that sustain an environment within your household that is healthy. That is the first part of your PLAN. You can take an action that will

help to remove those unknowns in your life that I mentioned at the start of this article. There, you have just enacted the first step of your PLAN.

Family and Consumer Sciences (FCS) educational programs in Ohio schools teach the valuable principles that prepare students for work life, careers and family life. We can tap into those FCS Content Standards and put them to immediate use. As circumstances require change and transition, be deliberate and thoughtful about strategies to make the change. In the planning and decision making process, consider resource management principles to use time, organization, skills, energy, and money to meet set goals based on ethical decision making in order to meet your and others' needs.

During the decision making process, think of all possible options that are available to you. Look at all those options and chose the one that provides the most benefit to you and your family. Recognize friends, family, and community systems that sustain a productive and meaningful lifestyle. Recognize skills to express emotions and resolve differences and conflict.

As you look at these suggestions and consider the what, how, and when, you are PLANNING.

Many of you are facing uncertain times due to future job losses in our area. Ohio State University Extension wants to help with accurate information on how to deal with these uncertain times and the financial and emotional strain you will experience.

Family and Consumer Sciences Educators in these five adjoining counties (Clinton, Fayette, Greene, Highland, and Montgomery) are working together to provide information through news articles, factsheets, and possible class sessions. You can contact us at any time for more information and resources. In Greene County please contact Melanie Hart at 372-9971 or hart.382@cfaes.osu.edu for more information.

Look for weekly new articles with information on financial issues and family and community resources. In the first few weekly news articles we will be discussing the emotional reactions you may have or experience during this time in more detail than in the article above.

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