

Contractors' Corner Advice for the Winter 2022 Newsletter*

How can contractors keep calm and carry on during such difficult times?

| Advice | Expert |
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| Realizing the world is sensitive. We all need to take a step back, put ourselves in others' shoes, and be proactive on how we react to others' situations. | Dustin M. |
| Carl Sagan's Pale Blue Dot book/quote. It puts a lot into perspective and helps to calm and situate my current state of mind. | Breanne F. |
| Stepping back when stressed and taking a few deep breaths. | James N. |
| I am a positive person and I lean on being optimistic about every situation, and I have my family to lean on when things get a little tough. | Kyle H. |
| Breathing exercises and stretching. | Brandon S. |
| Understanding it's not my fault that lead times are so long, and that every supplier is going through the same struggle. It is good to also take a break sometimes by walking away from your work to get a little breather. Simply just talking to other co-workers is a good stress reliever as well since they are most likely going through the same challenges. | Zach H. |
| Essential oils, relaxation candles, and music | Teresa G |
| Stopping and taking deep breaths to relax. | James N. |
| I use the same technique I used when I was a chef, long before I joined the trades. Breathing exercises are key. Some say they seem lame, but trust me, your brain runs on oxygen, and without the right amount, or enough, the brain starts doing some weird stuff. | Jason V. |
| Don't take the stress from work home with you. Leave the work at the door when you leave and don't take it home with you. | Josh O. |
| Lots of daily affirmations. LOTS of them. | Andrew G. |
| Zen | David G. |
| Tomorrow's another day | Justin D. |
| Golf, and raising my 2-year-old. Work methods for carrying on is just constant communication. With the lead times on products and price increases, our customers appreciate the constant communication, so they are never caught off guard by anything! | Ken K. |
| The disruptions of the past couple of years have hurt all of us, including my competitors. I have kept calm by following up with customers and keeping them informed of all shortages, delays, and upcoming price changes. I try to alert the | Amanda M. |

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| customer to worst case scenarios so that I am over-delivering more often than under-delivering on promised dates. I have been very up front with my customers about allowing more time due to current conditions. This has helped prevent customer emergencies from being as common as they were in normal times, and I have noticed that customers appreciate hearing the bad news as soon as you get it rather than waiting for them to follow up and ask. | |
| I continue with my normal routines, paperwork, and tasks that need doing each day. I do everything in my power to meet our customers' expectations and fill the orders we can. We are constantly looking for alternatives for our customers. We just keep trying to find a way to say 'Yes.' There is almost always a solution to the problems. Our customers understand the current industry dynamics and are willing to be as flexible as they can. | Denise T. |
| Just take it as it is. Some things you can't change or control, so you just have to not worry about it. | Scott H |
| Using fidget spinners and office team building exercises to keep morale up. Adding physical exercise where you can. | Nathan B. |
| I have turned to yoga and breathing exercises to help get through a stressful day, or week. It is rough out there, but we will get through it. | Nathan B. |
| Just trying to stay positive and believing that we will soon have a steady flow of materials for our customers once all the logjams are cleared at our ports. | Nathan B. |
| I remind myself that things are out of my and my company's control, and I find the best work-around available for my customers. | Kyle D. |
| Closing my eyes and thinking about the patio in the backyard. | Teresa G. |

***Advice gathered via a survey. These views are personal opinions and should not be construed as facts.**