

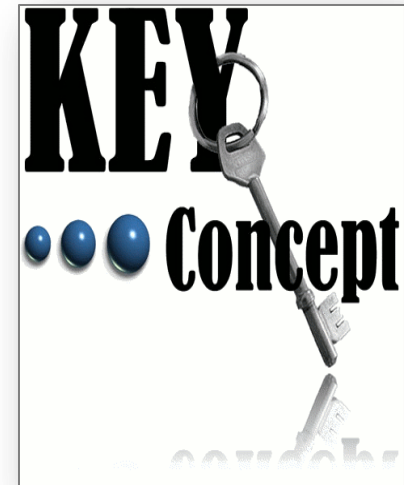
# preparing for a strike

**WE'RE ALL  
IN THIS TO  
GETHER**



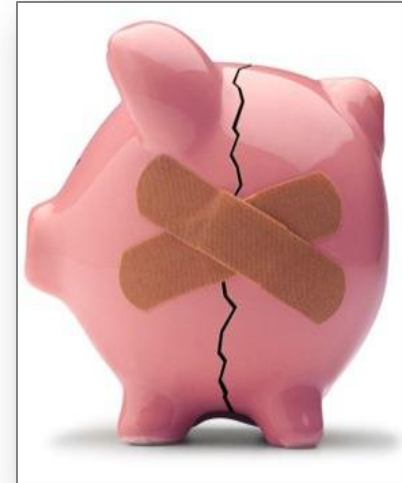
# SIMPLE but Not Easy

- Anxiety is rooted in **self-doubt** and the opposite of anxiety is **preparation**. So while no one wants to be on strike, being prepared is essential.
- There are two essential dimensions to preparing for a possible strike – the **financial** and the **stress** dimensions. We need to be aware of both and take steps to manage them.
- It is important to be able to explain the purpose of the strike to - **ourselves, our friends and family** and **the general public**. And equally important to keep that explanation short and specific.
- There are three main reasons to participate in strike duties: **financial, commitment** and **social-supportive**. So please – if the strike happens – be involved.



# THE financial dimension

1. Put aside at least one month's **net** income – three months would be better if possible. If you do not follow a budget, develop a **strike budget** now.
2. Talk to any **institutions** or **people** to whom you owe money – e.g. mortgage, car lease, landlord, lines-of-credit – most will defer one monthly payment. Pay down what you can now.
3. **Purge** unnecessary assets (garage sale; kijiji) – and put that money aside for the strike. Make no major purchases that can be put off.
4. **Stock up** on foods in advance – as well as school supplies if there may be a fall strike date. Also become aware of community resources such as the food bank.
5. Arrange **doctor**, **dentist** and other appointments before the strike date – as well as purchasing any **medications** that you might need during a strike.
6. Get any necessary **repairs** and **maintenance** on home and automobile completed now. Put off non-essential ones.
7. **Participate** in the strike – there is a financial benefit in participating in strike duties – both strike pay and, where possible, union-provided top-up to strike pay.



# THE STRESS dimension

1. Take care of any **financial** issues as they tend to be the most significant sources of stress
2. Begin now to take care of basic stress insulators:
  1. **Eat** healthy
  2. Keep **active** (walking is good)
  3. Learn to **sleep** well
  4. Focus on **practical distractions** (hobbies)
  5. Strengthen your **social support** system
  6. Deal with any **excesses**
3. If you have any **addictive issues** that might be made worse by being on strike, get help now. Same with any **mental health issues** (anxiety, depression, anger) that may challenge you.
4. **Participate** in the strike – there are social / emotional benefits to participating in strike duties
5. Be prepared to deal with **being challenged** during the strike – such as the BIFF approach that follows.



# RESPONDING to others

<b>BRIEF</b>	Keep it short and simple. The more you talk the more you risk getting into a back-and-forth debate. Use a prepared statement if you can.
<b>INFORMATIVE</b>	Clearly and in practical terms explain the reasons for being on strike - and remember you do not have to defend yourself to people who might disagree with you.
<b>FRIENDLY</b>	Being friendly in this kind of situation means maintaining a relaxed and non-antagonistic approach in both tone of voice and body language.
<b>FIRM</b>	Remain confident and calm and refuse to engage in a prolonged debate once you have explained your position to others.

Adapted from Bill Eddy's BIFF concept





# ON THE PICKET LINE

1. **Be professional.** A strike is a business issue, even though it is perceived as personal. Treat it as a business issue as much as you can. Whining or complaining only make things worse.
2. **Be polite.** There will be people going through the picket line. Be polite – the strike is not their fault.
3. **Be pleasant.** The strike will be hard on everyone that is involved. Do your best to lift the spirits of others who are picketing.
4. **Be resilient.** There will not be a lot of community support for a college strike – be ready to be criticized.
5. **Be observant.** If you see someone who is being overwhelmed by what is going on, help them or get them connected to someone who can help.
6. **Be patient.** Often information is scattered – but you will be informed as soon as possible of any changes or occurrences that matter.

