

Last updated: 16:14 (GMT+04) Wednesday, September 03, 2008. Ramadan 3, 1429



Search Mobile edition ePaper Live weather Shortcuts Go

GNAds4U

- JOBS4U
- WHEELS4U
- PROPERTIES4U
- CLASSIFIEDS4U
- THE NATION
- THE GULF
- THE REGION
- THE WORLD
- BUSINESS
- SPORT
- TECHNOLOGY
- IN DEPTH
- GALLERIES
- YOUR PICTURES
- VIDEO
- FEATURES
- TABLOID
- FRIDAY
- E+
- EXPLORE
- UNWIND
- NOTES
- SPORT EXTRA
- ASK THE LAW
- RESIDENTS GUIDE
- ABOUT THE UAE

GN FOCUS



The Netherlands

- YOUR SAY
- LETTERS
- POLLS
- EMAIL US
- OPINION
- EDITORIALS
- COLUMNS
- WEEKEND REVIEW
- GN FOCUS
- ABOUT GULF NEWS
- SEARCH
- PAST EDITIONS
- FRONT PAGE PDF
- EPAPER
- MOBILE EDITION
- SUBSCRIPTIONS
- GN REWARDS
- RSS FEEDS
- JOBS AT GN

BUSINESS

COMMENT AND ANALYSIS

Shock effect of credit crunch

By Carole Spiers, Special to Gulf News
Published: September 01, 2008, 23:54

Surely it can't be happening in Dubai - not here, of all places!

But of course, that is how the shock-effect of the credit crunch is now rippling out to touch even this most-favoured corner of the economic world. A severe case of 'trouble in paradise', with doctors already reporting evidence that normally healthy patients are skipping meals and cancelling the gym membership, as a sign of belt-tightening.

For example, UAE inflation has now hit double figures, similar to that which I myself experienced when I started my own business in the UK, and that followed a long period in which people had come to believe that an ever-expanding economy was a permanent feature of the commercial landscape and that the London stock-market could only ever go upwards.

What do I remember from that time? It might get even worse - talk of a possible 'meltdown' similar to the Wall Street crash - along with a good deal of private denial, identity crisis, depression, drug abuse, and a tragically high suicide rate. (I was also directly involved with a charity for potential suicides.)

Denial is the one factor that we can focus-on today. Expatriates, in particular, come here for a better life, to leave behind all those poor people struggling in weaker economies. There is no harm in this - for as long as the good times keep up. It is when the economy switches into reverse that you may go into denial about your true status and prospects, relative to others.

Now it is just possible that you could 'tough it out' - take an aggressively confident view and push ahead with that big promotion or that giant contract, and ride out the storm by floating above it. But the odds may be against that succeeding in these uncertain times.

Much more likely, you're going to have to modify your expectations and your targets.

First, you might have to look very much more closely at both your financial outgoings and your incoming salary - when the possibility is that your annual bonus might have disappeared, or at least been cut in half. The luxury apartment and the new car might have to be put on hold. This will make you feel rather nervous but it will also take you closer to reality.

Then look again at your priorities - which

RSS RSS FEED

>> [Get Business as a news feed](#)

YOUR MONEY

>> [Latest Forex rates](#)

LATEST STORIES FROM BUSINESS



BUSINESS
DuBiotech's Dh250m research laboratory to open in December



BUSINESS
Gold plunges over 2% on weak oil and strong dollar

AUTOMOBILES

- >> [GM says priority is to turn around American units](#)
- >> [Tata Motors to raise Rs41.5b in rights issues](#)

AVIATION

- >> [Worried Italy could liquidate Alitalia without sale](#)
- >> [Gulf Air unveils new Corporate Social Responsibility Initiative plan](#)

BANKING AND FINANCE

- >> [New regulations to make DIFC a centre for family businesses](#)
- >> [DIB-led group to acquire Jordan bank](#)

COMMENT AND ANALYSIS

- >> [Selective raising of import duties a half-hearted measure](#)
- >> [Inflation throttles demand in Japan](#)
- >> [How boards can fight corruption](#)

COMMERCE

- >> [Oman likely to get Indian fashion school](#)

COMMODITIES

- >> [Aswaaq eyes direct imports to cut prices](#)

CONSTRUCTION

- >> [Thousands protest against land acquisition for Posco steel plant](#)

ECONOMY

- >> [Crisis emboldens UAE rich](#)
- >> [Abu Dhabi inflation rate cited by media 'incorrect'](#)

HOTEL & TOURISM

- >> [Mideast tourists help France beat headwinds](#)

MARKET WATCH

- >> [Shares in GCC countries fall after crude price drop](#)

MARKETS

- >> [Dubai and Abu Dhabi indices head further south](#)
- >> [Financial stocks drive Sensex 3.8% higher](#)
- >> [Gold plunges over 2% on weak oil and strong dollar](#)
- >> [Pakistan's stock index edges up](#)

MEDIA

- >> [Abu Dhabi plans \\$1b movie production investment](#)

OIL & GAS

- >> [Fire at Kuwait's biggest oil refinery under control](#)
- >> [Agility buys Canada's Geopetrol](#)
- >> [Saudis could lift heavy crude and cut light prices](#)

REAL ESTATE PROPERTY

RADIO 1



[Listen now](#)

RADIO 2



[Listen now](#)

- >> [Streaming FAQs](#)
- >> [Radio schedules](#)

SPECIAL COVERAGE



Ramadan



SPACES INSPIRE
COMMUNITIES

means safeguarding your health through a healthy regime that you've probably regarded previously as 'uncool'. That means sensible, regular exercise, good plain cooking, adequate sleep, perhaps helped further by deep breathing exercises and meditation.

With this newly cleared state of mind, establish which aspects of your life you have control over, and which ones you haven't. Then set your goal and start working towards it, however slowly.

- The writer is a BBC broadcaster and motivational speaker, with 20 years' experience as CEO of Carole Spiers Group, an international stress consultancy based in London.

More from [Business](#)

Email
this
article


Printer-
Friendly
version


Email
the
Editor


Bookmark
this
article


Post this story to:

[Del.icio.us](#) | [Digg](#) | [Facebook](#) | [Reddit](#)

- >> New real estate law will make Dubai a safer place for investors
- >> Brown announces housing package
- >> Tameer Towers set for 2011 completion

SHIPPING

- >> Singapore rig makers well-anchored in choppy market

TECHNOLOGY

- >> DuBiotech's Dh250m research laboratory to open in December
- >> Google launches free web browser
- >> Gitex likely to attract 130,000 visitors
- >> Mideast web users could triple to 25m
- >> Nokia to start music service with UK launch
- >> Manufacturing sector's investments drive IT growth in Saudi Arabia

MORE STORIES FROM BUSINESS

AVIATION

- >> Air Arabia to introduce daily service to Hyderabad

DEVELOPMENT

- >> Burj Dubai hits new record, seeks more

ECONOMY

- >> Map of the global food crisis

GENERAL

- >> Dubai trails in corporate disclosure

HOTEL & TOURISM

- >> Kathmandu gaining strength in ME

TECHNOLOGY

- >> EMEA posts rise in smart phones
- >> Consumers hit by crisis seek solace in gadgets
- >> Oman gets ePayment Gateway
- >> Sharp to boost home appliance sales

TRADE

- >> Dubai Customs recovers Dh52 million

[Business](#) | [Opinion](#) | [Classifieds](#) | [Features](#) | [Pictures](#) | [Site Map](#)
[About Gulf News](#) | [Contact Us](#) | [Subscribe](#) | [Jobs at Gulf News](#) | [Advertising Guide](#)

[gulfnews.com](#) | [XPRESS4me.com](#) | [GNAds4U.com](#)

© Al Nisr Publishing LLC 2007. All rights reserved.
