**How To Brace Yourself Before The Recession Hits Again**

Since the housing crash of 2008, many Americans have learned how quickly difficult life can become when a recession hits and money is scarce. Millions of people lost their jobs as well as their homes, leaving them with very little time or information to create a backup plan. Here are three things that you can do to prepare yourself in advance for the next inevitable economic recession.

1. Cut your expenses

In short, this means to spend less. Start by looking at your large monthly expenses first, perhaps refraining from buying a brand-new car every two years or scaling back to only one visit per week to your favorite expensive restaurant. There are lots of ways that you can save a little extra money for rainy day.

1. Watch the news

Television news programs are not always filled with negative stories. There is usually some very valuable information to be learned if you take the time to watch the correct news programs. Keep your eye on the national housing activities, sales, foreclosures, and new construction. The housing market is usually a preliminary indicator of things to come. Watch the rises and falls in the job and stock markets as well.

1. Get a second income

This does not mean that you need to go out and get a part-time job, but you may want to look into some sort of entrepreneurial endeavor. All you need to do is lay the initial groundwork for now, perhaps for an interesting online enterprise or an exciting sideline business. When the next recession hits, you will already have a second resource for making money in place.