

## **SURVIVING RECESSION ANXIETY**

*It's a recession when your neighbor loses his job; it's a depression when you lose yours...*  
Harry S Truman

### **WHAT TO KNOW!**

- ❖ Recessions occur as part of every business cycle
- ❖ The constant supply of worrisome news from the media can increase anxiety and feelings of helplessness and hopelessness
- ❖ Last recessions in 1990/1991 and 2001 were shorter than average lasting eight months
- ❖ Many studies link economic recession to depression, suicide, anxiety, cardiac disease and other illnesses
- ❖ During a recession people tend to drink and drug more, smoke more, and are more stressed which leads to cardiovascular problems
- ❖ The loss of work leads to the loss of what work provides for us: identity, self esteem, a sense of accomplishment, and achievement
- ❖ The threat of losing one's home coupled with the loss of one's livelihood are strong forces that can lead to panic, depression, or other psychological disorders
- ❖ The loss of one's home can be particularly threatening to men who are typically responsible for being the provider
- ❖ Recession anxiety can also damage relationships as people tend to become more isolated, less caring, more angry, and less sensitive to others
- ❖ Situations may become worse before they get better but they will get better

### **WHAT TO DO!**

- ❖ Limit your watching of the news
- ❖ Create coping strategies and plans of action so as not to feel helpless
- ❖ Take care of your health, develop a financial plan, and share within the family
- ❖ Exercise and engage in self care activities
- ❖ Think positively and do not catastrophize your financial situation
- ❖ Do not allow anxiety to overwhelm you so that you feel helpless
- ❖ Recognize that the recession will end and not last forever
- ❖ Evaluate your job situation objectively to determine whether you may lose your job
- ❖ If your job is vulnerable, consider training for a different job
- ❖ Consider a second job if you do not have enough income
- ❖ Cut down to your basic essentials and stretch out or eliminate unnecessary costs
- ❖ Start an emergency fund and save money while you can; hoard cash
- ❖ Use a home equity line of credit for emergency funds
- ❖ If your job is terminated, file for unemployment benefits as soon as possible
- ❖ If you cannot pay your bills, speak to an accredited credit counseling agency
- ❖ Practice deep breathing, muscle relaxation, and other stress reduction techniques
- ❖ Don't spend, shop or engage in any other addictive behaviors to relieve anxiety
- ❖ Find ways to improve your relationships with friends and family
- ❖ Seek professional help to change attitudes and behaviors to recover from anxiety

## **WE CAN HELP!**

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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