

LIVING WITH ECONOMIC FEAR!

*Money, get away....Get a good job with good pay and you're okay.
Money, It's a gas....Grab that cash with both hands and make a stash...Pink Floyd*

WHAT TO KNOW!

- ❖ As many as 80% of all Americans are currently highly stressed about the economy and their own personal finances
- ❖ During an economic recession, there is an increase in escapist behaviors including addictions, domestic violence, child abuse, affairs, divorces, and suicides
- ❖ Signs of economic stress include anxiety, depression, muscle tension, headaches, difficulty falling asleep and overeating
- ❖ Stress compromises our immune system leading to more colds and illness
- ❖ Minor health problems become major ones as people put off visits to doctors and dentists as well as mental health clinicians
- ❖ Resentment increases especially towards the government, banks, and politicians as people are angry and look to blame others
- ❖ People may feel blamed for things they didn't do but the greedy did and harbor resentment that they have to pay for the greed and real estate gambling of others
- ❖ Listening to the media amplifies feelings of helplessness and impotence as it almost always provides bad news and things to worry about, reinforcing a culture of fear
- ❖ The longer people are unemployed, the more helpless and pessimistic they become
- ❖ Anxiety and economic pain cause us to act differently than we normally do; we can choose not to let the current economic climate change who we are and what we do
- ❖ This is a cycle and the economy will improve but perhaps not in the way we would like
- ❖ We have a choice we can make and that is whether or not to live in fear while the economy struggles
- ❖ This crisis gives us an opportunity to assess ourselves and what is truly important
- ❖ While we cannot control the economy or the stock market, we can control ourselves
- ❖ Regarding children, help them ease their fears by giving them a general idea of what is going on in the economy and suggest what they can do to help

WHAT TO DO!

- ❖ Don't panic; avoid the gloom-and-doom hype and remain focused on your own life
- ❖ Limit the time you spend watching and reading the news
- ❖ Count your blessings and focus on what you value in your life
- ❖ Maintain a positive attitude and recognize your fear needs to be managed
- ❖ Evaluate your own finances and develop a plan to handle your expenses
- ❖ Consider talking to credit counseling services and financial planners for guidance
- ❖ Watch to see whether you begin to engage in destructive behaviors like drinking, gambling, using drugs, fighting and overeating
- ❖ Increase communication with your spouse, family, and friends
- ❖ Realize that this is an opportunity to take stock of oneself and to become stronger
- ❖ Engage in positive behaviors such as exercising, learning new skills, doing community service, visiting family and friends, and making the world better in some way
- ❖ Seek professional help to manage anxiety, depression, and self-destructive behaviors

WE CAN HELP!

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

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive
Coral Springs FL 33067