



NEWS RELEASE

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For Immediate Release

Economic Crisis Making You Anxious or Depressed?

Is it a normal reaction to stressful events or something more?

*Ben Gordon Center offers tips on
Coping skills to help deal with the economic downturn*

With the crisis on Wall Street, a boom of home foreclosures, and high energy and food prices throughout the country, no one can blame you for feeling anxious or overwhelmed. These days it is common and understandable to be angry, worried and even gloomy, especially if you lost your retirement fund, your job, your house, or are stressed about paying the bills.

Worry, anger and stress are normal, appropriate and even necessary during life's difficult moments. But when negative feelings prevent you from doing your daily activities or interacting with friends and loved ones, it might be time to seek help.

Tough economic times like these can add to an individuals or families stress, anxiety or depression. These stressors if left untreated can have overall effects on an individual's emotional health and well being. We see with any increased stress the results on family, job function and relationships.

Here are a few coping skills to help with economic stress at home:

- **Create a family budget. Budget items that is essential and non-essential. Make action items and weekly or monthly financial goals. The more action you can take, the more in control you'll be, the less stressed you'll feel.**
- **Keep an open dialogue with family members on how the family's expenses are going**
- **Look for free or low cost leisure activities: Walks in the park or hiking trails**
- **Focus on positive aspects of your life. Look to family and friends to support you.**
- **Plan for the future as much as you can.**
- **Try to take a long view.**
- **Realize that it may be very bad yesterday, it may be very bad today, but that things over time will get better.**



Economic stress or stress in general increases our anxiety and depressive feelings. The things in our life that cause us stress are:

- **Financial worries or concerns about job security**
- **Leaner workforces and greater workloads**
- **Job burnout**
- **Juggling demands of work and family**
- **Caring for a sick loved one or aging parent**
- **Troubled relationships**

The Experts at the Ben Gordon Center offer these tips for Managing Stress:

- **Be flexible**
- **Avoid excessive competition**
- **Go easy on criticism**
- **Manage your anger**
- **Be honest with colleagues**
- **Talk it out with a loved one**
- **Treat your body right**
- **Set realistic goals**
- **Set and re-set your priorities**
- **Take one task at a time**
- **Take five**
- **Learn to relax or meditate**
- **Give yourself a break**
- **Learn to say "no"**





you

you're worried about someone close to you. We will also offer the opportunity to meet one-on-one with a mental health professional to talk about your personal concerns. We are also offering the free screening online at www.bengordoncenter.org. Individuals wishing to take the free on line screening can follow the link and the direction on our website.

This month the Ben Gordon Center is offering free mental health screenings and depression screenings. At this free, public event you can take an anonymous test to see if you might suffer from depression or a related disorder and learn how to get help.

You can take just a few minutes to complete a questionnaire that gauges your likelihood for depression, generalized anxiety disorder, posttraumatic stress disorder and bipolar disorder. We will also offer a wide range of educational resources on these disorders, geared toward solutions and recovery for adults, teens, children and families – so can attend a screening event if you're concerned for yourself, or if

Some facts about depression:

- **Depressive disorders affect approximately 18.8 million American adults or about 9.5% of the U.S. population age 18 and older in a given year.**
- **Trauma, loss of a loved one, a difficult relationship, or any stressful situation may trigger a depressive episode. Subsequent depressive episodes may occur with or without an obvious trigger.**
- **Depressive disorders costs employers more than US\$51 billion per year in absenteeism and lost productivity, not including high medical and pharmaceutical bills.**
- **More than 80 percent of people with clinical depression can be successfully treated. With early recognition, intervention, and support, most individuals can lead productive lives.**

Ben Gordon Center offers mental health and recovery services for adults and families in our community. Ben Gordon Center offers services on a sliding fee for those who qualify. Ben Gordon Center Inc also accepts Medicaid, Medicare, and all Insurance Plans. Ben Gordon Center Inc is fully accredited by JCAHO, Office of Mental Health and the Office of Alcohol and Drug Addiction Services.

Ben Gordon Center is an experienced provider of behavioral health services for adult's children and families.

For more information about the Free Screening, the free community wellness seminar or, mental health, substance abuse treatment or about Family or individual counseling call the Ben Gordon Center at....

815-756-4875

Or visit our Website at www.bengordoncenter.org

