



MacLean & MacLean Financial

Group Benefits News

ISSUE 2

MARCH 2010

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Coping with Stress

Maintain your health and well-being – not just your money – during stressful economic times.

Do market volatility and the economy make you feel anxious, or keep you up at night? You aren't alone.

Negative news stories about the financial crisis and layoffs across Canada are driving home the message that times are tough. Everyone is feeling the pressure. Perhaps someone close to you has been laid off as a result of the downturn or you've personally lost your job.

Even if you're just feeling general anxiety about the economy, stress can cause you to make unhealthy choices in what you eat, drink and how you maintain your overall health. Over time, it can leave you feeling unmotivated and fatigued.

A little stress now and again is normal, but stress will take its toll on your body over a prolonged period. Stress and anxiety can be associated with:

- Headaches
- High blood pressure
- A suppressed immune system
- Stomach ailments
- Increased risk of heart attack and stroke
- Depression and other mental health issues

Be proactive with your health

If you can't directly control your source of stress – for instance if you're worried about losing your job or you've already been laid off – you can still minimize its effects:

- Get the right amount of sleep
- Stay active, go for a walk
- Eat nutritious, balanced meals
- Visit with friends
- Talk to a health care professional
- Look to your health benefits for wellness programs and employee assistance programs

It sounds simple, but consciously making the right choices can ensure your health doesn't suffer along with the economy. The economy will bounce back – your health may not.

