



UNEMPLOYMENT CAN MAKE YOU SICK

Unemployment is a health hazard. Statistics show that for every 1% rise in the unemployment rate there are the following increases nationwide:

36,887	Deaths
20,240	Heart failures
495	Deaths from alcohol-related cirrhosis
920	Suicides
648	Homicides
4,227	Admissions to mental hospitals
3,340	Admissions to state prisons

With a little prevention, we can change the statistics.

THE STRESS OF UNEMPLOYMENT SELF-CHECK

Being unemployed puts us, and our bodies, under a lot of stress. Here are some of the main causes of unemployment related stress. Check the ones that apply to you.

- Loss of wages and benefits
- Loss of a work family
- Lack of control over your life
- Lack of recognition for years of work
- Loss of a daily routine
- Facing daily rejection looking for work
- Lack of marketable skills
- Isolation from friends and co-workers
- Discrimination by race, sex, or age
- Uncertainty about the economy
- Not knowing what to expect
- Adjusting to new roles in the family
- Fear of tests and classes
- Hassles with bureaucracies
- Starting over again
- No medical benefits
- Lack of respect from family members

Stress does affect your health. Here are some of the ways that the stress of unemployment may show up in your life. Which of them apply to you?

- More colds and flu
- Feeling tired all the time
- Headaches
- Having trouble sleeping
- Stomach problems
- Chronic back pain
- Chest pains
- High blood pressure
- Heart attacks and strokes

- Can't relax without T.V.
- Increased use of alcohol
- Nervous all the time
- Lack of interest in anything
- Being irritable with people
- Feeling powerless
- Feeling out of control
- Feeling useless and unwanted
- Generally depressed
- Being angrier than you want to

If you have checked more than two or three of the boxes above, call or come see us to see how stress might be affecting you. There **ARE** ways to deal with stress. Don't let it make you sick.

LAYOFFS ARE ABOUT LOSS

Unfortunately, the stress of unemployment is real. What you feel isn't "all in your head," "your problem" or "an attitude." It acts on your body, and it affects your health, your moods and your outlook on life.

YOU LOSE MORE THAN A JOB

It's not surprising if you feel bad sometimes. You and your family have lost more than a paycheck. And that is why a layoff may feel so bad. Here's what you have lost:

- Loss of wages
- Loss of benefits
- Loss of a structure for the day
- Loss of role as worker and provider
- Loss of the work family
- Loss of your place in the world
- Loss of pride
- Loss of dignity
- Loss of being productive
- Loss of a secure future
- Loss of collective strength
- Loss of self-esteem
- Loss of the value of your life
- Loss of the "American Dream"
- Loss of trust
- Loss of control over your life