



**KANE COUNTY  
MENTAL HEALTH COUNCIL**  
*making a difference ...together*

## *Message of the Month...*

*For March 2009*

### Kane County Mental Health Council

- The Association for Individual Development  
630-966-4000
- Aunt Martha's Youth Service Center  
630-859-6562
- Delnor Community Hospital  
630-208-3000
- Ecker Center for Mental Health Services  
847-695-0484
- Family Counseling Service of Aurora  
630-844-2662
- Family Service Association of Greater Elgin Area  
847-695-3680
- Gateway Foundation/Aurora  
630-966-7400
- Greater Elgin Family Care Center 847-608-1344
- Kane County Health Department 630-208-3801
- Larkin Center 847-695-5656
- League of Women Voters  
630-365-2138
- Mental Health & Mental Retardation Services, Inc.  
630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- Provena Mercy Medical Center  
630-801-2657
- Provena St. Joseph Hospital  
847-931-5521
- Senior Services Association  
847-741-0404
- Suicide Prevention Services 630-482-9696
- TriCity Family Services  
630-232-1070
- Visiting Nurse Association of Fox Valley 630-978-9835

## **Coping with Economic Stress**

.Many Americans are finding themselves overwhelmed with worries about the economy today. Become aware of your own stress reactions and watch for warning signs. Women are more likely to report unhealthy behaviors, including eating poorly and excessive shopping as a response to stress. They are also more likely than men to report physical symptoms of stress, including headaches, exhaustion and depression. Men may avoid discussing issues with others and may be more likely to turn to alcohol or substances to cope with stressors.

Despite the tumultuous times, there are some ways to take care of yourself and stay within your budget. Keeping up with good habits is very important in uncertain times. That means continue exercise, even if this means going for a walk rather than going to the gym. Continue eating healthy dinners with your family, and participating in social events like a mother's group, or a book club you start with friends. Check out books from the local library rather than purchasing them.

Take enough time out of each day to focus on yourself and your own well-being. Learn some basic breathing techniques or use meditation to calm and center yourself throughout the day. Using these calming techniques will also reduce your physical reaction to stress.

Use friends and family for support. Talk through worries and concerns. This may lead to shared ideas on how to cope and allows others to assist in problem solving. Use your support system to brain storm possible solutions. You may find additional possibilities you hadn't thought of. If the stress of your financial situation is not improved with good coping skills, consider talking to your family doctor or see a psychologist or psychiatrist to discuss your stress level and coping skills.

### **Info Corner**

- Depressive disorders are common: they affect an estimated 9.5 percent of adult Americans in a given year, or about 20.9 million people.
- The median age of onset for mood disorders is 30 years.
- Depression (not including bipolar disorder) is the leading cause of disability among men and women of all ages in the U.S. and worldwide, according to the World Health Organization's World Health Report, 2001.

<http://www.nimh.nih.gov>