



Economic Times are Tough - How's your stress level?

Are you one of the 650,000 people in the US that have lost your job?

Are you stressed about the possibility of losing your employment?

If you are without a job, at first it was a great chance to catch up on being a Mom or Dad and doing things with your children. Or, it was a good time to finish a couple of projects that had been put on the back burner, like painting or cleaning out your closets. Well, that is all done, but you still don't have a job. Stress levels are increasing. Money is getting tighter. How can you reduce your stress level AND manage it on a reduced budget?

Exercise – provides an outlet for stress. If you can no longer afford the gym membership, low-cost alternatives include:

- FitTV or ExerciseTV on cable, video-on-demand, or on-demand available to digital cable subscribers
- youtube.com offers workouts posted with popular trainers like Leslie Sansone, or "Biggest Loser's" Jillian Michaels
- iTunes offers free podcasts and other applications or low-cost workouts under Health: Fitness & Nutrition of which many are free or 99 cents.
- Netflix offers DVD rental for a monthly fee or streaming to TV via Xbox360 or TiVo
- Internet resources include <https://store.exercisetv.tv> from which you can order/download workouts or DVDs, www.yogatoday.com (free) has a different class each day, www.youcanmakeitfit.com (\$14.95 monthly subscription) is rich with videos, podcasts, and printable workouts.
- Walking is the least expensive form of exercise there is. Try just 30 minutes four times a week.

Nutrition – eating properly helps with stress. Avoid the new trend toward "recession obesity" by limiting the amount of fast food you eat. Fast food is typically inexpensive, tasty and gratifying. You can save money and eat healthfully.

- Try sharing a meal at a casual restaurant or watch for specials and coupons.
- Prepare meals at home (shop the perimeter of the store for the healthier foods).
- Stick to low fat, low calorie items at the fast food restaurants and be mindful of the sodium.
- Pack a piece of fruit or other snack and use a reusable water bottle for when you are driving from interview to interview

Sleep – if insomnia is a repeat occurrence for you, visit your doctor — it could be a sign of a number of ailments, including depression. The right amount of sleep is essential for "good health, mental and emotional functioning and safety."

- Proper exercise can actually help you sleep better.
- Avoid caffeine if you are trying to sleep. Try soothing beverages like herbal tea.
- Try to relax and unwind before you go to bed, turn off the TV, read a book.
- Power-nap - Most of us are sleep deprived. A 20-minute nap is an ideal antidote. Although, after 30 minutes, your body falls into the regular sleep rhythm.

Organize – Have a plan for your time. Schedule your day and week as you would if you were working. Include:

- time to exercise and have fun,
- Job search activities like filling out applications, submitting resumes, attending networking groups, and writing thank you letters for interviews
- Volunteer - It is an opportunity to network and may lead to a job opportunity.

Simplify – by de-cluttering you may find things that you can sell for extra cash, and what you don't sell you can donate to charity. Try:

- Craigslist or Ebay to sell items
- Freecycle or specific charities to donate

Control Spending – Can you go an entire day without spending money? A week? Try some fiscal fasting.

- Record what you spend, but don't over-budget.
- **HALT** - When you are **Hungry, Angry, Lonely** or **Tired** don't shop. It causes poor spending decisions.
- What was I thinking purchases? Do you suffer from buyer's remorse? Review bank and credit card statements for purchases that you wish you could wipe out. Notice the patterns and watch for triggers the next time.
- Need help with budgeting – a free website with budgeting assistance is www.moneyallocator.com

How we can help – Are you currently unemployed? The Employment and Training Representatives at [Kane County Department of Employment and Education](http://www.kcdee.org) can help you assess your needs and point you in the right direction to finding new employment. Our Career Resource Centers offer free access to computers, printers, fax machines, internet access and resume assistance. Attend workshops geared to helping you with your job search.

Four Offices to serve you:

Elgin – 30 DuPage Court	847-888-7900 x 230
N. Aurora – 2 Smoketree Plaza	630-844-6640 x 203
DeKalb – 1701 E. Lincoln Hwy.	815-756-4893 x 240
Yorkville – 811 W. John St.	630-553-8304

www.kcdee.org

