



## Mission Hill Health Movement

1534 Tremont Street  
Mission Hill, MA 02120  
617-427-6919

**Stress, Anxiety and Depression in These Economic Times**  
**Tobin Community Center**  
**Wednesday, October 27, 6:00-8:00 PM**

The Mission Hill Health Movement articles in the Mission Hill Gazette, have had tips for healthy living, including tips for heart health, skin protection, preventing metabolic syndrome, men's health and tips for summer safety. Healthy living means putting all these pieces together.

Many of us are experiencing stress, anxiety and depression in these trying times. Displacement is financially and emotionally devastating and workers experience coping problems adjusting to these drastic changes in their lives.

Those who have jobs worry about losing them. Others suffer from Survivor Guilt. According to the American Psychological Association 80% of Americans state that the economy is causing stress. And, 27% of those report sleep abnormalities due to economic anxiety.

Many who lose their jobs also lose access to Employee Assistance Programs, counseling services and health care. Constant fear of losing one's job causes stress in the workplace and low productivity.

**Come to the Mission Hill Health Movement Presentation on Stress, Anxiety and Depression in these Economic Times:**

October 27, 2010 ~ 6-8 PM  
Tobin Community Center  
1481 Tremont Street  
Mission Hill, MA 02120

Join friends and neighbors from the community, share a light supper and learn how to cope with the current economy and become a survivor. For further information, or to get involved, contact:

Mission Hill Health Movement  
617-427-6919 ~ [missionhillhealth@yahoo.com](mailto:missionhillhealth@yahoo.com)