



PRESS RELEASE

Tips for Handling Job Loss & Personal Turmoil During The Holiday Season: Emotional Consequences Result from Economic Crisis

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(New York, NY) –With the Holiday season underway, many people experiencing the front-line impact of the nation’s economic slump are dealing with an additional stress: how to be festive and cheerful when they are worried about job loss, money problems and uncertain futures.

Steven Crimando, managing partner at XBRM (Extreme Behavioral Risk Management) in New York, is one of several leading behavioral experts in the US in the field of “Business Continuity.” He says people are handling the “human factor” and personal challenges in different ways. “The personal impact that people are now experiencing is similar to that of survivors’ of hurricanes, earthquakes and terrorist acts. There’s a prevailing sense of uncertainty, loss and anxiety. From a psychological standpoint the recession *is* a disaster. Whether you’ve lost your job, you’re an investor with a shrinking portfolio, or someone troubled about the economic climate, the current situation can trigger a powerful and overwhelming emotional response. The terms “*loss*”, “*grief*”, and “*trauma*” have taken on personal meaning. The impact and disillusionment is far-reaching and can’t just be ‘shut off’ because the Holidays are here.”

Crimando offers 3 coping tips for people affected by the nation’s economic woes:

- Focus on positive conversation and people- If someone mentions your unemployment or recent situation, acknowledge it with one sentence, and turn it around to a positive thought about enjoying the holidays or looking for new opportunities.
- Spend time with positive and upbeat people- Surround yourself with supportive friends and relatives who can offer encouragement and maybe even a job lead or networking prospect.
- Avoid alcohol and other drugs- Indulging in alcohol and substances can quickly lead to an emotional roller coaster, mood swings, depression and more.

Another option is to reach out to support groups and professionals for counseling and help.

Crimando and XBRM specialize in workplace behaviors and psychology that are related to emergency and disaster organizational preparedness. The firm trains employers and employees in the growing field of the human factor of crisis management response. This includes responding to economic and financial turmoil, disasters, workplace violence, terrorism, and other crisis situations. XBRM is a division of AllSector Technology Group, Inc. For more information, visit www.xbrm.com. AllSector Technology Group, Inc. is a subsidiary of FEGS Health & Human Services System.