


CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	8/9/2011 11:11:56 PM
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**ASPEN
Answers**
by Richard Zabriskie, MSW,
LCSW, SAC

**LIVING IN
STRESSFUL TIMES**

The recent economic downturn has resulted in foreclosures, bankruptcies, and job losses that are severely taxing people's ability to cope. According to the American Psychological Association, more than eight in ten Americans blame the economy for much of the stress in their lives. At the same time, many health professionals are reporting that their patients are exhibiting levels of stress that have not been seen since the September 11 attacks. As individuals perceive a threat to their security as they did in 2001, there is a decided rise in anxiety and depression that filters through entire families. When the inability to cope with stress leads to marital strife, substance abuse, and other problems, it is time to seek psychological counseling.

When you feel high levels of stress and anxiety, no matter what the cause, your whole life is affected. If you're wrestling with stress, we can help. Our compassionate counselors can provide proven techniques for dealing with stress as well as anxiety and depression. We provide a safe space to get to the root cause of the issue, not matter what it is. Please call 608-742-5020 to schedule an appointment, because you deserve to be healthy again. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. If psychological counseling is not covered by insurance, the cost can be more than recouped by counseling's ability to contain destruction/non-productive behaviors and avert consequences to physical well-being.

ASPEN
Family Counseling
www.aspenfamilycounseling.com