



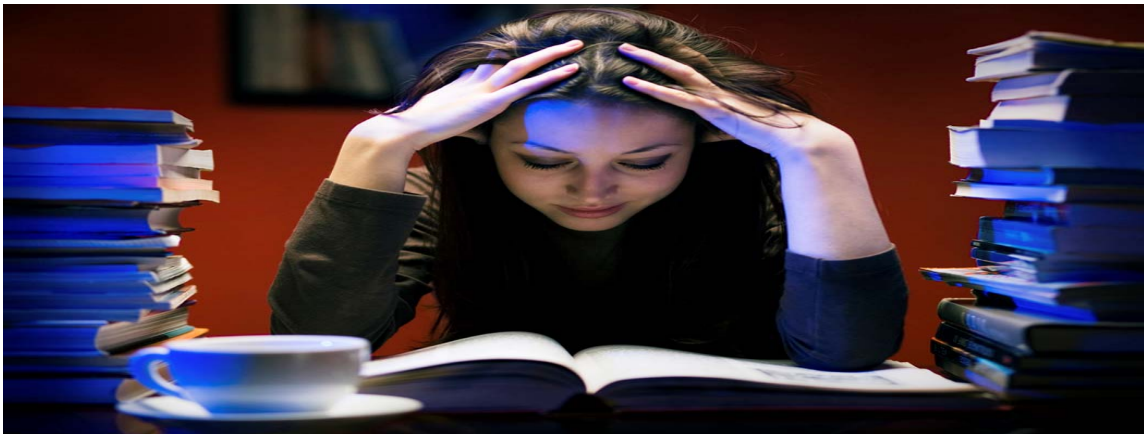
## News Release

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### **STRESSED OUT!**

#### **Women More Likely to Feel Stress Over Finances**



**Tampa, Fla. (February 1, 2009). The stock markets are tumbling, the U.S may be in recession, and if you have a 401K don't even look at that. Surveys and studies have shown that women expressed more fear about economic situations and their finances then men and reported more physical and psychological effects because of related stress. Maybe this is due to women being more aware of their stress and willing to talk about it and get help. Our statistics show that over 75%, in some cases, as high as 90% of our financial calls originate from women.**

**Here are the facts: Stress is considered a factor of risk for many diseases such as: heart disease, irritable bowel syndrome and diabetes. It can influence the immune system which makes it more**

**difficult to control blood sugar due to biochemical changes in the body. “A recent study found that some types of stress, such as that caused by financial debt, can increase the risk of preterm delivery, and another showed that people who are chronically stressed are three to four times more likely to suffer heart problems. They also have a 53 percent increased risk of high blood pressure or stroke”. (RUETERS 11/6/08)**

**This all sounds pretty bad but you can do something about it. You may ask yourself, “Why would I need to talk to someone about my finances when I can handle this myself?” At Wood & Associates, we have been providing our clients by providing them with an objective, independent and professional financial resource for more than 20 years concerning financial situations and questions. Our financial providers have experienced an increase in calls from people wanting to get rid of their “financial fatigue” and take an active roll in their “financial recovery”.**

**Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. All you need to do is call your EAP and you will be directed to our experienced team of financial counselors. It is that simple. If not now, when? Together we can get to the root of the issue, answer your questions and guide you down the path to financial recovery and reducing your stress.**

### **About Wood & Associates**

**Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since 1982. The firm’s diverse group of clients includes a number of major employers who also contract for**

**its mental health and substance abuse services.**

**Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.**

**Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.**