

Death Rates Decrease as Job Losses Increase.

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Nov. 6, 2009 - [PRLog](#) -- It's true. The mortality rates decline when job losses increase and the economy takes a downturn. Contrary to what one would probably think is that physical or mental health would become worse leading to death by poor health or suicide as the jobs disappear and the economy crashes, per say.

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In this writers option, I believe that when things get tough, our mindset changes. The focus shifts to the important things in life. Such as family, relationships, health and living for today.

When the economy is booming, the focus is on deadlines, commuting, bosses, co-workers, clock watching to the end of the work day, stressing about what needs to be done inside and outside of the work place. The worry is on stuff. Stuff that really it's important. Stress levels increase therefore causing high blood pressure, high cholesterol (from not having good eating habits), substance addiction, depression, strokes, heart attacks and in some cases death.

At times when there is a decrease in the economy and the focus is on the important elements in life, the stress level goes down. Family becomes whole again. There is time to look after our health with proper diet and exercise, which lowers cholesterol and blood pressure. People help the community they live in and in return the community gives back. Substance abuse is replaced by spirituality, whether that be God or some other higher power from within. Depression becomes happiness and sense of well being. Overall better health and wellness decreases the chances of stroke and heart attacks lower the death rate.

More and more people are starting their own home based business. Internet Marketing is the wave of the future.

Life is a gift and worth living to the fullest. We should always keep a positive mindset no matter what is thrown our way. This will enable us to live happy, healthy and fulfilling lives.

To Your Good Health and Happiness!

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Statistic Source: <http://www.cmaj.ca/cgi/content/full/181/5/281>

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