



## With increased costs often comes greater stress; here's how to cope this winter

British people are increasingly worried about the cost-of-living crisis. Inflation is at an all-time high and our energy bills are increasing dramatically despite the government's domestic price cap. Not only this, but the UK is now braced for a recession, which is set to hit households later in the year.

Not only are Brits worried but it seems that the cost-of-living crisis is actually the biggest cause of our stress right now too. A recent survey carried out by Benenden Health found that almost a third of the nation have experienced increased stress during the cost-of-living crisis. It also revealed that half of adults are already financially worse due to the cost-of-living crisis and a quarter of the UK population's mental health has worsened over this period of time.

### Signs of stress



Like any source of overwhelming stress, financial stress can take a huge toll on both our mental and physical health, and sadly the two can end up being in a bit of a never-ending cycle.

Financial stress can lead to...

- Insomnia
- Loneliness
- Social withdrawal
- Headaches
- Weight gain (or loss)
- Depression
- Anxiety
- Relationship difficulties
- Gastrointestinal problems
- High blood pressure
- Unhealthy coping methods
- Suicide