**Women on the Verge**

Posted on [April 14, 2011](http://www.ginaguddat.com/blog/2011/04/women-on-the-verge/) by [Gina](http://www.ginaguddat.com/blog/author/gina/)

There is no doubt that life is stressful, now more than ever. The failing economy has caused many to lose their jobs, their homes and even their hope. We are living in volatile times. Even Mother Nature continues to throw us curve balls with earthquakes, tsunamis, hurricanes and deep freezes. Whether you are a new mother or a seasoned grandmother, it’s likely you have days when the stress of life can seem like too much to handle. Here is a quick list of symptoms that might mean you are a “Woman on the Verge” who may need some extra help.

1. Short tempered or often irritable
2. Skipping meals
3. Turning to alcohol to relax
4. No longer excited to see or spend time with your partner
5. Sleeping less than 5 hours or more than 9 hours a day
6. Isolating from friends and family
7. No longer excited to do the things you used to enjoy
8. Unable to focus at work or at home
9. No longer thankful for or appreciative of what you have
10. Rather escape with friends than fulfill responsibilities
11. Trouble getting out of bed in the morning
12. No motivation to do house chores or run errands
13. Eating for comfort when you are not hungry
14. Excessive TV time
15. Feeling that there is no solution or no hope

Rich, poor, employed, or unemployed, sick or healthy, everyone experiences stressful times. We have all had hard days, bad weeks, difficult months and outright terrible seasons in our lives. And, we ALL need help at times. Chances are there are people in your life that need you, depend on you, and love you. In order to take care of them you must first take care of YOU! Because…You Matter!