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FOR IMMEDIATE RELEASE

**The Surprising Upsides to the Economic Downturn**  
*Author shows why the recession may be blessing in disguise*

We've all seen and heard the negative news headlines. The Dow Jones closed the day at an all-time low. Another major finance and insurance institution needs yet another government bailout. The auto industry and its workers are losing their livelihoods – possibly forever. According to recent USA Today.com study, “the economy topped the list of stressors for at least 80 percent of those surveyed by the American Psychological Association.”

([http://www.usatoday.com/news/health/2008-10-07-stress-economy\\_N.htm](http://www.usatoday.com/news/health/2008-10-07-stress-economy_N.htm))

While we may not have immediate control over the global economy, we can stop focusing on the barrage of negativity and start focusing on the positives that have occurred – thanks to the recession.

“Even though the economy is in turmoil, we can take this time to discover and appreciate what truly matters,” said Theresa Rose, an expert in holistic healing. “Only then will we stop wreaking havoc on our attitudes, relationships, and health.”

According to Rose, author of *Opening the Kimono*, an economic recession is our wake-up call to reality. It is helping us realize what truly matters – such as our family, friends and health. Rose also shares her expert insights on how the downturn has caused a surprising upside in the following areas:

- Individuals: We are appreciating the people who surround us and support us – not the tasks, stuff and clutter
- Family: We are free to spend more quality time with our families and friends by enjoying meals at home or creating fun stay-cations in our hometowns
- Community: We are connecting with our neighbors and colleagues like never before, and showing each other support
- Globally: We are cutting back on wasted resources and finding ways to re-use and recycle more things

“What good is obsessing over our 401(k) balances if we are making ourselves sick and miserable?” said Rose. “It's time to recognize the gifts contained within this mess so we can start pulling ourselves out of the collective emotional quicksand.”

As a Reiki Master and intuitive healer, Theresa Rose specializes in fresh approaches to energy management, productivity and creative development. Her past experience includes several entrepreneurial and management positions, including owning and operating an alternative healing center, senior manager of marketing and product development for a Fortune 100 telecommunications firm and vice president of a consulting firm specializing in higher education.

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