

How we are coping with the crunch

GRINDING TEETH

Stress: The crisis is being blamed for an upswing in stressed-out people grinding their teeth together. "It was two months ago we started noticing it," says Keith Cohen, a dentist practising in Harley Street and the City.

"Stress is one of the factors commonly implicated in people grinding their teeth."

It can have unpleasant consequences: ground-down teeth can lead to gum and nerve damage, and a great deal of pain.

"It affects the whole of the mastication system," says Cohen. "It can give you jaw and muscle problems as well."

The problem is not confined to London. Alexander Jones, a Yorkshire dentist, says: "We've seen an increase in people with pain

around the jaw and snapping the corners off teeth, probably around 10-15% since the summer. They're both an indication of grinding teeth at night, and that's generally about stress."



ESCAPISM

Laughter: There is big demand for comedy DVDs. Lovefilm, the online DVD rental service, has reported a 40% jump. Top of the list is the caustic humour of the Blackadder series, right.

Booze: Ocado, the online supermarket that delivers Waitrose products, reports a 15% increase in sales of wines costing more than £10 and a decrease in sales of bottles at less than £5. Champagne sales have gone up by 13%.

Hypnosis:

Monica Black, a hypnotherapist in north London who used to work in the City, is feeling the impact of the anxiety.

She says: "A lot of people in the financial sector are so stressed and nervous about their performance and about their jobs being on the line that my clients have more than doubled. I help them realise it's not actually so terrible; these people are not going to be homeless."

