

Bulldog Health News

Artesia Public Schools •

'Tis the Season to be Thankful •

November 2022

Managing the Inevitable Holiday Stress



*The holiday season is meant to bring feelings of love and cheer, it's also the harbinger of holiday stress for many of us. More than 80% find the holiday season to be "somewhat" or "very Stressful"
How can we change that?*

Welcome to the holiday season! The whirlwind of gift-giving, holiday parties, and activities galore that begins right after Halloween, builds to Thanksgiving, and continues gaining momentum through the end of the year. Here are a few things to consider as we approach the holiday season.

Moderation: All things in moderation, as the saying goes. Too many activities, even if they are fun, can add stress and leave you feeling frazzled rather than fulfilled. **Eating, Drinking, and Spending Too Much:** The temptation to overindulge in spending, rich desserts, or

alcohol can cause many people the lasting stress of dealing with consequences (debt, weight gain, memories of embarrassing behavior that can linger long after the season is over. **Too Much Togetherness:** Even the most close-knit families can overdose on togetherness, making it hard for family members to maintain a healthy balance between bonding and alone time. **Not Enough Togetherness:** This can be a tough time for many people, especially those who have lost partners or parents, as it reminds them of their loneliness. **CONTINUED ON PAGE 2**

November is National Epilepsy Month

Epilepsy is a condition affecting the brain that can cause seizures throughout one's life. It is estimated that 3.4 million people in the United States are living with epilepsy. Awareness of epilepsy helps bring more attention to the diagnostic and treatment difficulties related to this condition. While there are many possible causes of epilepsy, up to half of all cases are idiopathic. This means the source is unknown and specific to the person. This can also mean that the right treatment is difficult to find, too. Epilepsy Awareness Month offers

opportunities to educate yourself and others about the neurological condition. Receiving a diagnosis for yourself or a loved one can be overwhelming. There's a lot to learn about this complex brain disorder. Including how it affects your daily life. With epilepsy, a seizure may happen at anytime and anywhere. You can help protect your loved ones and others in your community by joining a seizure first aid program. The **Epilepsy Foundation** offers free, downloadable posters that you can hang up in your home, at school, and in the workplace.





‘Tis the Season to be Thankful

As we approach this Thanksgiving season, I hope you take the time to reflect on all the things you are grateful for and recognize the blessings in your life.

Ask yourself the question: “What am I grateful for?” Allowing yourself to express gratitude is important. It may include offering an act of kindness, connecting with a loved one to show appreciation, or volunteering through local community agencies to help those in need.

Gratitude has benefits for whole person wellness. It increases “feel good” emotions, immune response, and supports rest and recharge. Joy, senses of calm and optimism, can be developed through practicing gratitude. Studies show improvements in mood and personal relationships can also be an outcome of giving thanks.

During the Thanksgiving season, families, friends, and communities come together. Some people host gatherings, while others serve in their communities to feed those in need. Being present and serving others enhances our connections. These opportunities to engage develop our sense of gratitude and thankfulness. Imagine being content enough that you’re seeing the good in every situation. Gratitude practices can help make this vision a reality. It can easily become a part of your daily routine as you set an intention to be grateful.

Don’t let the season end without asking yourself: “What are grateful for?”

May all of you feel the love of family and friends, share quality time and good food together, and be richly blessed this holiday season.



Holiday Stress Cont.

As the world seems to be gathering with family, those who rely more on friends for support can feel deserted and alone.

Seasonal Affective Disorder

(SAD): As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree by a type of depression known as seasonal affective disorder. It’s a subtle but very real condition that can cast a cloud over the whole season and be a source of stress and unhappiness during a time that people expect to feel just the opposite.

So how do we minimize holiday stress? Here are some tips to help reduce holiday stress before it begins so that it remains at a positive level, rather than an overwhelming one. **Set**

Priorities: Pick a few favorite holiday activities and eliminate the rest. **Take Shortcuts:** find a way to simplify. Find ways to cut corners or tone down the activities that are important to you and your family, you may enjoy them more.

Be Smart with Holiday

Eating: Plan by having healthy food at each meal, be aware of your intake, and practice mindful eating. **Change your**

Expectations for

Togetherness: With family and friends, it’s important to be aware of your limitations. How much togetherness can you and your family take before feeling negative stress? **Set a Schedule:** Putting your plans on paper can show you, in black and white, how realistic they are. Plan accordingly and make sure you are scheduling some “me” time and practicing self-care.

