

Alliance

Handshake

October 2012

Alliance Home Health Care (Kansas) and Alliance Personal Care (Missouri) are proud to announce that we have launched a website. We hope our website will be another resource to let you know the various services available.

We urge each of you to take a moment to review the many features of our website. Hopefully, you will find it helpful and educational. The address is alliancehomehealth.org

If you have questions or need further information, please call. We are always at your service.

-William Van Ry

10 Minute Stress Tamers

Try to find time each day to do something you enjoy, even if only for a few minutes a day. These stress management techniques can help you clear your mind and help you relax:

- Sit quietly in a calm surrounding with soft lights
- Use aromatherapy with scents such as lavender, citrus, vanilla, cinnamon, or peppermint
- Breathe deeply – rest your mind and oxygenate
- Soak in a warm bath
- Read spiritual selections, poetry, inspirational readings or a chapter of your favorite book
- Laugh and smile
- Stretch
- Have a cup of decaffeinated tea or coffee

Memory Game



It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

Word Game



Last issues word: **BROODING**

bind	born	rood	gird
bingo	boron	odor	gobo
bird	brig	ding	good
boding	bring	dingo	goon
bond	brio	doing	grid
bong	brood	dong	grin
bongo	rind	donor	grind
booing	ring	door	groin
boon	robin	drub	boor
robing	indoor	boring	iron

The average is 26 words. Did you meet or beat this standard?

Can you find 33 words in next issues word **CORRECTLY?**

STRESS, DEPRESSION AND THE HOLIDAYS

For some people, the holidays bring unwelcome guests – stress and depression. In an effort to “pull off a perfect Hallmark holiday”, you might find yourself facing a dizzying array of demands – shopping, baking, cleaning, caring for kids on school break, and scores of other chores. Doesn’t leave much time for peace and joy, does it?

Holiday stress and depression are often the result of three main trigger points. Understanding these trigger points can help you plan ahead. You may even end up enjoying the holidays more than you thought you would.

The three issues that commonly trigger holiday stress or depression are:

- **Relationships.**
Relationships can cause turmoil, conflict or stress at any time. But tensions are often heightened during the holidays. Conflicts are bound to arise with so many needs and interests to accommodate. On the other hand, if you are facing the holidays without a loved one, you may find yourself especially lonely or sad.
- **Finances.**
Your financial situation can cause stress at any time of the year. Overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your shopping list is happy.
- **Physical demands.**
The strain of shopping, attending social events, and preparing holiday meals can “wipe you out”. Feeling exhausted can increase your stress, creating a vicious cycle. Exercise and sleep – good antidotes for stress and

fatigue – may take a back seat to chores and errands. High demands, stress, lack of exercise and overindulgence in food and drink – these are the ingredients for holiday stress.

With some practical tips – courtesy of the Mayo Clinic – you can minimize the stress and depression that often accompanies the holidays.

- **Acknowledge your feelings.**
If someone close to you has recently died or you can’t be with loved ones, realize that it is normal to feel sadness and grief. It’s all right to take time to express your feelings. You don’t have to “force yourself” to be happy just because it’s the holiday season.
- **Seek support.**
If you feel lonely or isolated, seek out family members and friends, or community, religious or other social services. They can offer support and companionship. Getting involved and helping others can lift your spirits and broaden your social circle. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don’t have to do it alone.
- **Be Realistic.**
The holidays don’t have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.
- **Set aside differences.**
Try to accept family members and friends as they are, even if they don’t live up to all your expectations. With stress and activity levels high, the holidays might not be conducive to making quality time for relationships. Be understanding if others get upset or distressed with something goes awry. Chances are they are feeling the effects of holiday stress as well.

- **Stick with a budget.**
Before you go gift and food shopping, decide how much you can afford to spend. Then stick with your budget. Don't try to buy happiness with an avalanche of gifts.
- **Plan ahead.**
Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big food-shopping trip.
- **Learn to say no.**
Saying yes when you should say no can leave you feeling resentful and overwhelmed. If you say yes only to what you really want to do, you will avoid feeling resentful and overwhelmed.
- **Don't abandon proper health habits.**
Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Don't go overboard on sweets, cheese, or alcoholic beverages. Continue to get plenty of sleep and schedule time for physical activity.
- **Take a breather.**
Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.
- **Rethink resolutions.**
Resolutions can set you up for failure if they are unrealistic. Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, health lifestyle routines. Set smaller, more specific goals with a reasonable time frame.

Choose resolutions that help you feel valuable and provide more than a fleeting moment of happiness.

- **Forget about perfection.**
Holiday television specials are filled with happy endings. In real life, people don't usually resolve problems within an hour or two. Something always comes up. Expect and accept imperfections.
- **Seek professional help if your need it.**
Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Food Focus

Disease-Fighting Flaxseed

Considered one of the most powerful plant foods, flaxseed may help reduce your risk of heart disease, cancer, stroke and diabetes. It owes its health reputation to three prime ingredients:

- Omega-3 essential fatty acids – good fats that have been shown to have heart-healthy effects such as preventing hardening of the arteries and plaque from being deposited in the arteries.
- Lignans, which block enzymes that are involved in hormone metabolism and interfere with the growth and spread of tumor cells.
- Fiber – both the soluble and insoluble types.

Aim for 1 to 2 tablespoons of ground flaxseed a day.



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