

Get Healthy Queens!™



How To Manage Holiday Stress

For some people, the holidays can bring stress and depression. Holiday stress and depression are often the result of three main trigger points—conflict in relationships, over-spending and the physical demands of holiday preparations. Following are some tips to help prevent normal holiday stress from progressing into chronic depression.

Acknowledge your feelings—If a loved one has died or you aren't near your loved ones, it is okay to feel sad and take time to cry or express your feelings.

Seek support—If you feel isolated or down, seek out family and friends, or community, religious or social services for support and companionship. Consider volunteering at a community or religious function.

Stick to a budget—Before going shopping, decide how much you can afford to spend on gifts and other items. Then, stick to your budget so you are not anxious for months afterward as you struggle to pay your bills.

Plan ahead—Set aside specific days for shopping, baking, visiting friends, etc. This will help prevent the stress of last-minute scrambles. Allow extra travel time so delays don't worsen your stress.

Learn to say no—Be realistic about what you can and can't do. By saying yes only to what you can and want to do, you'll avoid feeling overwhelmed.

Don't abandon healthy habits—The holidays should not be a dietary free-for-all. Some indulgence is okay, but overindulgence only adds to stress.

Take time out—Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

Forget about perfection—Real-life is not always filled with the happy endings of TV holiday specials. Try to accept that things may not always go as planned.

Seek professional help if you need it—Despite your best efforts, you may find yourself persistently sad or anxious. If these feelings last for several weeks, speak to your doctor or mental health professional.

DECEMBER Health & Wellness Events

5 Wednesday, 9:30 AM-NOON

Cholesterol Screening

Karlene Lawrence, NP
Space is limited
Registration Required. Call 1-800-Your-MDS
Mount Sinai Hospital of Queens
Patient Resource Room, 1st Floor
25-10 30th Avenue, Long Island City

6 Thursday, NOON-1:00 PM

Cutting Thyroid Surgery

Down to Size
Naris Nilubol, MD
Lunch will be served. Space is limited
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

11 Tuesday, 3:00 PM-5:00 PM

Diabetes & Heart Health: Medicine, Munchies & Movies

David Duffy, MD
Space is limited. Refreshments will be served
Registration Required. Call 1-800-Your-MDS
Crescent Tower, Community Room
23-22 30th Road, Long Island City

12 Wednesday, 3:00 PM-6:00 PM

Breast Cancer Screening & Education

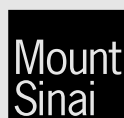
George Tsioulis, MD, PhD
Co-sponsored with
Queens Breast Health Partnership
with support from SHAREing & CAREing
By Appointment Only. Call 718-274-0365
No charge to eligible patients
Mount Sinai Queens Physician Associates
27-15 30th Avenue, Long Island City

13 Thursday, 11:00 AM-NOON

The Savvy Caregiver: Communicating Effectively With Health Care Professionals

Linda Rodman, NP
Registration Required. Call 1-800-Your-MDS
HANAC-Archbishop Iakovos Senior Center
32-06 21st Street, Astoria

*Happy, Healthy Holidays!
from the physicians, nurses and staff
of Mount Sinai Hospital of Queens*



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Hospital
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A Division of The Mount Sinai Hospital

FOR A PHYSICIAN REFERRAL, CALL: 1.800.YOUR.MDS OR VISIT: WWW.MSHQ.ORG