

Dealing With Stress and Change

With the holiday season in full swing, you might feel worried, irritable, depressed, unable to focus or you may be suffering from headaches, back pain, upset stomach, and having trouble sleeping. If this is you, you are probably suffering from stress, which can definitely become worse this time of the year with shopping, cooking, cleaning, and visiting with family to take up the majority of your time. Here are a few tips to help reduce your stress during the holiday season or any other time you may be stressed out.

1. Plan ahead, make a list and prioritize
2. Get physically active
3. Talk to family and friends
4. Get help if your stress/problems do not get better

For more tips and information about stress and how to relieve it, go to the following website, <http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=45>, and take action to help yourself.

Changes in life can be a big factor in stress and depression, but the key is to use problem-solving skills when you're coping with unexpected change. Identify the problems that the change presents; come up with a plan for dealing with them and then try the plan out and adapt it as necessary. In addition, try these tips:

1. Look at the big picture. This can help you gain perspective on how the change fits into your life. It's the whole game that counts, not a single inning.
2. Stay on base. Turn to the constants in your life — your values, beliefs, and passions — as a way to offset the discomfort the unknowns of change can bring. Be realistic. Expect that there will be some difficulties along the path of change and that things may not happen as quickly or as easily as you want.
3. Take care of yourself. Get plenty of rest and exercise, and eat a balanced diet. Avoid self-destructive coping techniques like binge eating, drinking too much, or burning the candle at both ends. They'll just leave you less able to cope with the stress of change.
4. Most important, ask for help. If the change is too confusing or overwhelming to cope with on your own, ask for help in facing the challenge from others.

From the Nurse's Desk:

Nurse Teia: A REMINDER – Parents if your child uses a rescue medication (inhaler, glucagon, insulin, or an epi-pen) please bring in an extra to keep at your child's school in case of an emergency. We have several students that come to the nurses' office regularly to get Tylenol and Ibuprofen, for minor aches and pains, if you want your child to have medication for these non emergency situations, please bring some in. If you have not returned your child's emergency card please do so as soon as possible.

THE SCOOP ON STREP THROAT

Strep throat is a disease caused by tiny egg shaped bacteria. These bacteria cause 15-20% of all sore throats and are found in your throat and on your skin. If a child has strep throat, the doctor will probably give him/her medicine called antibiotics. These kill the strep bacteria. That is good because sometimes if strep throat is left untreated it can get worse and cause problems with other parts of the child's body. In rare cases it can lead to arthritis or heart problems from a disease called rheumatic fever. Most of the time children who receive antibiotics recover quickly. After taking the medicine for 24 hours, you should feel a lot better and will no longer be contagious. However, it is very important to take all of the medicine that is prescribed for the full amount of time to make sure the infection is treated. Therefore, if you have a child who has strep throat please do not send them to school with a fever or until they have taken their

antibiotics for 24 hours to prevent spreading the disease to others.

Next Month: We will discuss physical activity and those good ole New Year's resolutions. Until then, keep up the efforts for a healthier you.