

Rose's CORNER

RELIEVING HOLIDAY STRESS : DAT OTHER STOCKIN' STUFFER



How are **you** surviving the **FESTIVUS** season? Relaxed with dream family get-togethers or is it more like National Lampoon's Christmas Vacation without the laughs? How do you feel? Ready to tear your hair out? Did you eat a bucket of fried chicken on your way home from Christmas dinner? Make four dozen pralines and eat forty of them? Drink a gallon of Bourbon for every pint of eggnog?



Blame it on our ancestors! Our *acute stress* was designed by early cave men (think running away from a charging lion rather than *chronic stress* (i.e., **holidaze** traffic, screaming kids, financial worries, etc.)



BEWARE: The more chronic stress we have, the more likely we are to develop anxiety, depression, hypertension, stroke, diabetes, and even Alzheimer's disease.



SHORT TERM: Chronic stress leads to anger so we **BLOW UP**, usually at the wrong time or wrong person. Anger is something that can literally eat away at your insides.



GOOD NEWS: We can take control to reduce the stress-related behaviors. To combat stress and to break the cycles of disease model, obesity and sleep disturbances we all need to think in a **wellness format**. Try it for **1** day a week and see if you begin to feel better.



1. Take a break from holiday gorging to indulge yourself in a healthy meal of plenty of fruits and vegetables which are low in fat.
2. Take a walk, even 30 minutes a day. That can even be broken into smaller amounts of time and stay active all day long. Just don't exercise close to bedtime.
3. Minimize caffeine, stimulants and alcohol. **Drink a bottle**



of water for every alcoholic beverage you consume.

4. During holiday gatherings or during the Saints games: Get up and move around ever 30 minutes. It will also clear your mind.
5. Relax and unwind every once in a while. Look at a setting sun. Watch the colors change as the sun dips below the horizon. Try meditation and relaxation techniques to combat chronic stress. **Listen to music.** They have ALL been scientifically shown to be beneficial for controlling stress, reducing blood pressure and increasing the feeling of well-being.
6. Remember: you are worth it.

PLEASE take care of your health. If you have high blood pressure, diabetes, heart disease or any other condition, take care of yourself by taking your medication and following your treatment plan.

The NOMC is striving develop wellness programs for everyone. Please join us for healthy eating luncheons, along with walking programs, swimming once the weather warms up again, and drumming circles.

Our question to YOU is how the NOMC can help you feel better?

My thanks to the Institute for Natural Resources for the basis of this column.

NOMC's Quality Improvement, Medical Outreach Nurse Rose Mancini, RN, and her late husband Gunther "Dutch" Seutter owned Fritzel's European Jazz Pub on Bourbon Street for 29 years. She comes to the NOMC from the VA Medical Center where she served as the Infection Control Manager for 15 years. She is also a member of the Nursing Honor Society Sigma Theta Tau.

New Orleans Musicians' Clinic

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