

Community Health Coalition, Inc.

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Health Sunday Topic: Mental Health In Your Community

Holiday Stress

The holiday season is fastly approaching. You are running here, running there, running everywhere. Did you stop and take time to remember your health?

Often we get caught up in the hype of things during the holiday season. For some it is not that joyous, especially when dealing with a mental illness or a caregiver of a family member with a mental illness.

Stress affects all parties involved and has no respect of person. It does not disappear when the holidays come but can be more irritating.

Dr. Carol Gibbs, a local Durham private practice psychiatrist states, "This holiday season lets all make it a point to remember the reason for this joyous season. Let us also give a very special gift to ourselves and to those that love us with the focus on taking care of our bodies by reducing the stress in our lives. Be Well!"

For more information, read today's Health Sunday Flyer; and refer to the following websites:

www.nmha.org
www.mha-nc.org
www.mhacentralcarolina.org
www.arcnc.org/durham/
www.4women.gov



**HEALTH SUNDAY
IN THE BLACK COMMUNITY**
is a program of Health Tips.
It is provided by the
Community Health Coalition
in cooperation with the
**Interdenominational
Ministerial Alliance of Durham
and Vicinity for church goers**
each 4th Sunday.
Today's Health Tip is:
"Mental Health"
in the
**African American
Community.**

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

Remember the reason for this joyous season.

Handling your Holiday Stress

How are you handling your holiday stress?

As we approach this holiday season filled with food, family, cheer and goodwill, we also need to remember that this season is one of the most stressful times for many individuals.

Excessive stress, even for short periods can take its toll on the body. Partly because of stress, people can go on to become anxious and depressed. For people already predisposed to certain types of mental illness, stress can exacerbate symptoms such as in bipolar disorder and even schizophrenia. It can trigger substance use and abuse as well.

Here are some eye-opening facts about stress and how it affects us:

- ◆ 43% of all adults suffer adverse health effects from stress.
- ◆ 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- ◆ In terms of lost hours due to absenteeism, reduced productivity and worker's compensation, stress costs American industry more than \$300 billion annually.
- ◆ The lifetime prevalence of developing an emotional disorder is more than 50 % often due to chronic, untreated stress reactions.

Fortunately, there are many simple steps we can take to help alleviate stress.

- Have a positive attitude
- Accept that there are life events that you can not control
 - Be assertive instead of aggressive. Assert your feelings, opinions or beliefs instead of becoming angry, defensive or passive.
 - Learn and practice relaxation techniques.
 - Exercise regularly. Your body can fight stress more effectively when it is fit.
 - Eat healthy, well-balanced meals.
 - Get enough rest and sleep. Your body needs time to recover from daily stress.
 - Don't rely on alcohol or drugs to reduce stress. They only make it worse!
 - Seek out social support.
 - Learn to manage your time more effectively.

Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with
The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.