



NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS 2022

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

December 21, 2022: Self-Care This Holiday Season

Self-care tips for the holiday season

- Don't freeze people out. Spend time with people who love and support you.
- Chill out. Avoid overbooking yourself and don't feel guilty about making time for yourself.
- Moderate the merriment. At all those holiday parties, eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Break out the ice skates. Take time to exercise, even if it's just taking a spin around the rink.
- Get cozy. Sleep is important—make sure you're getting enough of it.

Source: <https://www.dhs.wisconsin.gov/resilient/index.htm>

The holidays are a great time to connect with loved ones and friends. The Office of Children's Mental Health (OCMH) offers ideas to make the holidays meaningful.

Gift & art activities: <http://ow.ly/Jv1F50M3gKO>

Memory making: <http://ow.ly/K4V150M3gKN>

Feeling connected: <http://ow.ly/yBF650M3gKQ>

'TIS THE SEASON!

Keep the holidays festive by getting your family vaccinated against flu.

Call a doctor or pharmacy to make flu vaccine appointments today.

Find a flu vaccine near you at vaccines.gov

NSHD will be closed:
 Friday, December 23, 2022
 Monday, December 26, 2022
 Friday, December 30, 2022
 Monday, January 2, 2023

NSHD appreciates the continued support of our department and work.

Wishing you all the best for a joyful 2023!

BLOOD PRESSURE CLINICS

Please visit our website for up-to-date BP Screening information:

www.nshealthdept.org/Clinics

No 2022 blood pressure clinics remain at these locations. Stay tuned for 2023 dates and times.

- **NSHD Shorewood Office:** 2010 E Shorewood Blvd.
- **Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay.
- **Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer.



**NORTH SHORE
HEALTH DEPARTMENT**

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