

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

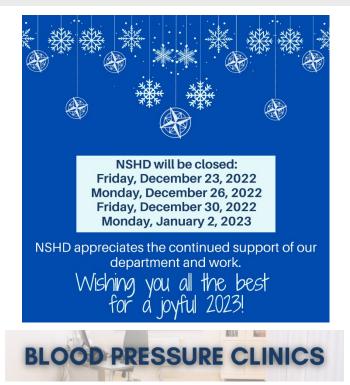
Self-care tips for the holiday season

- 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: <u>http://ow.ly/Jv1F50M3gKO</u> Memory making: <u>http://ow.ly/K4VI50M3gKN</u> Feeling connected: <u>http://ow.ly/yBF650M3gKQ</u>





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.



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