



NORTH SHORE

HEALTH DEPARTMENT

HEALTHY HIGHLIGHTS 2022

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

December 7, 2022: Stress Management



This time of year can be stressful.

It's important to remember, what may be stressful to one person, may not be to another. Everyone handles stress differently.

For many, this time of year, signals an increase in gatherings, parties, and events. For some, holidays are a chance to thrive, but for others, it may bring a time of overwhelm. In addition, exposure to stress may be short-term or chronic (constant stress, for days or weeks).

Stress has been linked to an increased risk for heart disease and stroke, and can be connected to harmful bodily responses such as:

- Irregular heart rate and rhythm
- Increased digestive problems
- Increased blood pressure
- Inflammation
- Reduced blood flow to the heart



To help manage stress, it's helpful to figure out the ways stress affects a person's life and ways to reduce stress triggers. **While it may not always be easy, keeping a positive attitude can help** lower risk of developing heart disease, by reducing health factors linked with heart disease:

- Lower blood pressure
- Better glucose control
- Less inflammation

Ways to manage stress include:

- Regular exercise and movement.
- Engage in relaxation. Relaxation activities can include mediation, yoga, nature walks, movement, and exercise or even hobbies.
- Social connection. Connect with and talk with people important to you.
- Getting enough sleep. Adults should aim for 7 to 9 hours a night.

'Tis the season!

Stay up to date on preventive and routine healthcare, including vaccines.

Staying healthy can increase one's immune system, reducing susceptibility to illness but also help reduce the spread of illness to friends and family, especially those who are vulnerable and immunocompromised. Protecting ourselves and those important to us against illness is another way to manage stress.

'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](https://www.vaccines.gov)

Find a flu shot near you:

[vaccines.gov](https://www.vaccines.gov)

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES

NSHD, presents, in partnership with Whitefish Bay Recreation, Brown Deer Park and Recreation, Nicolet Recreation and Shorewood Recreation:

Holidays and End of Year Stress Management

December 14, 2022
Lydell Community Center
(5205 N Lydell Ave, Whitefish Bay, WI 53217)

Registration deadline:
Sunday, December 11, 2022

To register online visit:
Whitefish Bay Recreation

NORTH SHORE HEALTH DEPARTMENT COMMUNITY HEALTH SERIES



Health topics that matter to the North Shore Community.

DECEMBER 14 2022 | 6:30 PM - 7:30 PM

LYDELLE COMMUNITY CENTER, ROOM 17
5205 N LYDELLE AVE, WHITEFISH BAY, WI 53217

+++ HOLIDAYS AND END OF YEAR STRESS MANAGEMENT

+++ The holiday season is, for many, without a doubt, the most awaited time of the year, but the hustle and bustle of the holiday season often brings an increase in demands - cooking meals and baking, shopping, events and entertaining, just to name a few. It can also mean stress.

+++ Join us as we focus on **taking a moment to pause and include ways to help manage holiday and end-of-year stress**, to keep it the "most wonderful time of the year".

FREE

JOIN US!

PRE-REGISTRATION REQUIRED

In partnership with Whitefish Bay Recreation, Brown Deer Park & Recreation, Nicolet Recreation and Shorewood Recreation.
For more, or to register visit Whitefish Bay Recreation or your local participating park and recreation department website

Special thanks to Whitefish Bay Recreation for hosting the series.



WHAT HAS NSHD BEEN WORKING ON?

2023 is just around the corner! But 2022 would not have been possible without the continued support of our residents, partnering agencies and municipalities. During this busy time, we want to take a moment to thank you all for your support of the work we do for the community, in 2022 and look forward to your continued support of our programs and services in 2023.

STAY SAFE. BE WELL.

BLOOD PRESSURE CLINICS

LX Club Sponsored Clinic at the Longacre Skating Pavilion:

7343 N Longacre Rd.

Monday, December 12

from 11:30 a.m.-12:30 p.m.

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.

(WALK-IN – NO APPOINTMENT):

- 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

nshealthdept.org • (414) 371-2980

Follow us on social media and visit our website for health information and updates



RESOURCES AND REFERENCES

1. [Stress and Heart Health | American Heart Association CPR & First Aid](#)
2. vaccines.gov

NSHD will be closed Friday, December 9, 2022, for a staff meeting.

NSHD will be closed the following holidays:

- ✧ Friday, December 23, 2022
- ✧ Monday, December 26, 2022
- ✧ Friday, December 30, 2022
- ✧ Monday, January 2, 2022