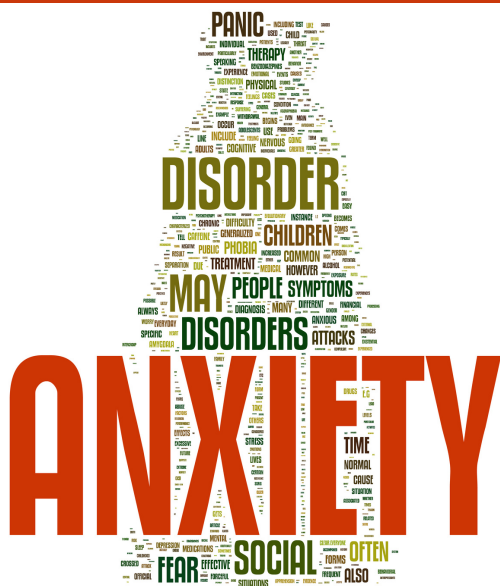


TIPS FOR MANAGING ANXIETY



THIS ISSUE

TIPS FOR MANAGING ANXIETY

COPING WITH DEPRESSION

NEXT ISSUE

WE ARE TRYING SOMETHING NEW

INFO- SOCIAL 811

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/11-tips-for-coping-with-an-anxiety-disorder>
<https://www.helpguide.org/articles/depression/coping-with-depression.htm>
<https://amiquebec.org/depression/>

- 1** **Keep physically active.**
 Exercise is a powerful stress reducer. It can improve your mood and help you stay healthy.
- 2** **Avoid alcohol and recreational drugs.**
 These substances can cause or worsen anxiety.
- 3** **Quit smoking, and cut back or quit drinking caffeinated beverages.**
 Nicotine and caffeine can worsen anxiety.
- 4** **Use stress management and relaxation techniques.**
 Meditation and yoga are examples of relaxation techniques that can ease anxiety.
- 5** **Make sleep a priority.**
 If you aren't sleeping well, talk with your health care provider.
- 6** **Eat healthy foods.**
 A healthy diet that incorporates vegetables, fruits, whole grains and fish may be linked to reduced anxiety, but more research is needed.
- 7** **Socialize.**
 Don't let worries isolate you from loved ones or activities.

COPING WITH DEPRESSION



Getting support plays an essential role in overcoming depression. Staying connected to other people and taking part in social activities will make a world of difference even if you don't feel like doing it. Doing things that make you feel good can also help you overcome depression. This can include following a healthy lifestyle, setting limits and scheduling fun activities into your day. It can also include supporting your health by getting on a better sleep schedule and practicing relaxation techniques.

Get moving, aim for at least 30 minutes of exercise per day. Your fatigue will improve if you stick with it. Pairing up with an exercise partner enables you to socialize but it will also help to keep you motivated. Follow healthy eating habits and get some sunlight! Get outside and expose yourself to at least 15 minutes of sunlight a day, sunlight can help boost your mood.

Seek professional help. Depression can be debilitating, can appear at any age, and is one of the most common and treatable mental illnesses. Up to 20% of the population may be affected by depression in their lifetime.

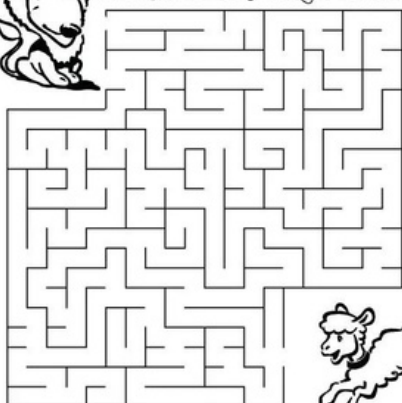
Activity Corner



MARCH



comes in like a lion



does out like a lamb



March Word Search

Find all 25 HIDDEN WORDS in the word search puzzle below. Good luck!

N	U	A	H	C	E	R	P	E	L	T	E	S	E
D	S	H	A	M	R	O	C	K	H	P	T	H	M
G	L	D	G	C	W	B	D	G	Z	P	W	S	E
S	O	O	M	I	I	K	I	A	A	V	O	I	R
P	L	L	G	R	J	L	F	T	N	C	B	R	A
R	A	Z	D	F	Y	L	R	S	G	C	N	I	L
I	M	S	L	A	O	I	Y	V	N	Q	I	I	D
N	B	I	D	W	C	T	Q	O	I	L	A	N	C
G	O	W	E	K	O	R	O	F	M	Q	R	C	G
N	E	R	S	G	L	L	D	P	O	F	I	V	T
D	S	D	O	N	E	E	R	G	O	T	U	Y	Y
M	A	G	I	C	U	F	G	L	L	S	N	K	C
Y	D	N	A	L	E	R	I	E	B	U	C	Z	G
C	L	O	V	E	R	U	C	F	N	U	G	W	A
S	O	V	N	I	A	R	N	A	L	D	J	I	G

BIRDS	FLOWERS	LAMB	POT OF GOLD
BLOOMING	GOLD	LEGEND	RAIN
CELTIC	GREEN	LEPRECHAUN	RAINBOW
CLOVER	IRELAND	LION	SHAMROCK
DANCING	IRISH	LUCKY	SPRING
DAYLIGHT	JIG	MAGIC	ST. PATRICK'S DAY
EMERALD			

