



First Choice
Staffing Solutions, LLC

NEWSLETTER

DECEMBER 2008



'Easy Does It' Eases Holiday Stress

Take time to relax and keep hassles in perspective

It's supposed to be the happiest time of the year, but don't tell that to the patients who mob the offices of San Diego cardiologist **Dr. Mimi Guarneri** between Thanksgiving and New Year's.

Some complain of what doctor's call **'holiday heart'** Skipped beats, high blood pressure and angina due to stress or overindulgence. Others feel physically and emotionally overwhelmed, distracted by thoughts of difficult relatives or missing loved ones.

The one thing to do is to take time out, take a deep breath, connect your mind with your body by simple breathing, "And remember to **not sweat the small stuff**"

Easier said than done, of course. But when it comes to crippling holiday stress, specialist say the simplest pieces of advice are also the best.

Dr. Redford Williams, director of the Behavioral Medicine Research Center at Duke University advises people to be reasonable with their expectations from the season, and to anticipate trouble – ranging from long lines at stores and airports, to bouts of sadness when images of absent loved ones come to mind.

By readying yourself for those moments, "they won't come as a shock when you realize, I'm getting ready to honk my horn or get steamed over this person who just pulled in front of me." If you can do that, you can probably head off some of it.

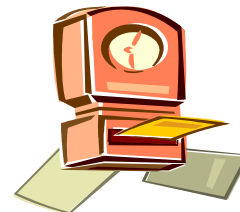
It's not clear how many people get the blues around the holidays, but it's not uncommon. It's perfectly normal to get a little bit depressed or a little sad during the holidays at one point or another.

However, it may not be as bad as some might assume. In recent years, American researchers have looked at local statistics and debunked the long-held assumption that suicide rates shoot up around the holidays. Not every episode of Christmastime depression is minor, however if you find yourself early in the new year having trouble with sleeping or eating – doing either one too much or too little—it's possible that you've fallen into a clinical depression.

If that might be the case, 'You should seek professional evaluation and possibly treatment. In other cases, a little self-help can be key. 'In the grand scheme of life, we say **'Don't sweat the small stuff.** We have to realize that a lot of stress is what we put on ourselves, not what other people are putting on us.

If you're alone and feeling isolated 'get out and do service work, which brings joy to people. 'And if you have the opposite problem – too much to do and too many people to worry about pleasing – learn to do less. "None of this is worth dying for".

Learn more about holiday stress from the [American Psychological Association](#).



Payroll cutoff is every Monday at 10am

December : Safe Toys and Gifts Month



Each year, more than 3 billion toys and games Are sold in the United States. With 65 percent of these sales occurring between the day after Thanksgiving and the day before Christmas. With millions of toys being recalled in recent Months for having **lead paint** or **dangerous magnets**, It's important to remember that the vast majority of Toys are safe. It's no wonder though, that parents and caregivers are nervous this year as they head into the biggest toy – buying season.

Many toy- related injuries occur when parents overestimate their child's ability to handle a toy designed for an older age group. It's important For parents to follow the age and safety recommendations on the labels of each toy. The Child Safety Protection Act, a federal toy labeling law Require manufactures to place warning labels on toys that pose a choking hazard to young children. The most frequent cause of death related to a toy is choking on small parts.

It's not easy navigating the aisles of the toy stores During the holiday season, especially now that there Are additional concerns about toy safety.



Find out which toys are **“naughty” or “nice”** With up to the minute information about recalls. Check the recall lists (**twice** if you need to) and Sign up for email alerts from Safe Kids and the CPSC. Safe Kids USA wants to make this holiday toy-shopping season as worry-free as possible while making sure shoppers are educated and vigilant. Toy safety offers parents and caregivers the information they need to keep their **children safe and happy – exactly what the holidays are all about.**

Merry Christmas

FROM FIRST CHOICE

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A Gift is not Complete Unless Proper Protective Gear is Included



Each year, in the United States, approximately 130 children ages 14 and under die in bicycle Related crashes and more than 280,000 children Are treated in emergency rooms for bicycle – related Injuries. **Include a helmet as part of a gift.** A helmet Is a necessity. Bicycle helmets reduce the risk of head Injury by as much as 85 percent and reduce the risk of Brain injury as much as 88 percent.

www.recalls.gov or www.usa.safekids.org



BIRTHDAY WISHES FOR

**Marian Alexander 12/3, Courtney Hall 12/4
Shenequa Powell 12/12, Alisa Holloway 12/14
Femi Barrett 12/16, Doris Harper 12/18
Deborah Starling 12/18, Shetiva Mcneal 12/20
Christmas Day Baby 12/25 Joyce Odom
& Jennifer Singletary 12/28**

Memo from Tift Regional

Please remind agency to clock in and out with their Badge. October 01st Medical was split into 2 separate Departments – Med East and Med West. Agency Needs to write which side they work on Med - East or Med - West on their time-slip.



When doing your Christmas cards this year, take one card and send it to this address.

WALTER REDD ARMY MEDICAL CENTER

Red Cross “Holiday Mail Call” 2008

This year we want to expand who is reached with the holiday greeting cards to include not only our wounded warriors, but all service members and their families, as well as veterans to show our appreciation for their service and wish them well over the holiday season.

Red Cross Holiday Mail Call

P.O. Box 5456

Capitol Heights, MD 20797-5456

Cards must be post marked by December 10th.

