

HOME VISITATION

NOVEMBER - JANUARY

NAVIGATING HOLIDAY SEASON

The holiday season often evokes a wide spectrum of emotions. While it brings excitement and a flurry of activities for some, it can induce stress and, at times, a sense of isolation for others. There is no singular correct approach to navigating this dynamic period. Regardless of where one stands, it's crucial to acknowledge that individual feelings/beliefs hold significance and validity, irrespective of their nature. No matter where you stand, here's a list of simple ways to help navigate this time of year.

1. Plan spending: Holidays typically mean spending money. Help alleviate stress by creating a budget and sticking to it. Gifts don't have to cost an arm and a leg to be meaningful. Even a simple handwritten card can mean a lot to someone.
2. Create relaxing surroundings: Whether it be turning on calming music, lighting candles, or going for a walk, make sure to take time to yourself
3. Respect differences: Friends/Family can have different viewpoints. Focusing on similarities can help alleviate tension. If that doesn't work, simply walking away for a few minutes to reconvene your thoughts/emotions can help avoid future confrontations
4. Stay connected: Make sure to leave time to spend time with friends and/or family who value you for who you are
5. Just say no: It's okay to say no when you've been asked to do more than you can. Remember, it's YOUR holiday, too! Enjoy it how you want
6. Your feelings are valid: At the end of the day, if you feel something is not right for you, you don't have to participate/engage in that activity, without explanation

THIS ISSUE

NAVIGATING
HOLIDAY
SEASON

DIABETES
DURING THE
HOLIDAYS

SEASONAL
AFFECTIVE
DISORDER.
WHAT IS IT?

2024: A YEAR
OF SELF
LOVE

WHAT IS IT?

A disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood and urine

HYPOGLYCEMIA VS HYPERGLYCEMIA

Hyperglycemia refers to abnormally elevated levels of glucose (sugar) in the blood, whereas hypoglycemia indicates low levels of glucose

SYMPTOMS

- Increased thirst
- Blurred vision
- Feeling weak or unusually tired
- Abdominal pain
- Nausea and vomiting
- Shortness of Breath
- Loss of consciousness
- Confusion
- Dizziness or lightheadedness
- Sweating
- Difficulty concentrating
- Looking pale
- Fatigue
- Difficulty speaking or slurred speech

DIABETES: WHAT IT IS AND WHAT YOU CAN DO

Managing diabetes can be a year-round battle, but can be especially hard during the holidays. Whether it's traveling, trying to maintain a balanced routine, or being surrounded by a variety of sweets, it can prove difficult to keep your blood sugar under control. Below are tips and tricks to help maintain diabetes during this crazy time of year while still allowing you to join in on the fun.

1. Maintain a regular eating routine: Try to eat as close to your normal mealtimes as possible to help keep your blood sugar levels as stable as possible
2. Watch your carbohydrates: With holiday celebrations come holiday feasts which can include a big portion of carbs. Some may feel they have to completely limit their access to sweets or potatoes but that's not the case. If you want to grab a slice of some cherry pie, consider cutting back on another form of carb (potatoes, bread, stuffing, etc.) during your meal
3. Don't skip meals: Some may feel the need to skip a meal in order to "save up" for a larger more satiating meal but doing this can make it harder to manage blood sugar and potentially cause overeating
4. Check your blood sugar frequently: Doing this will allow you to stay on top of your blood sugar and allow you to make modifications in your eating habits more readily

For more information/help in your local area, please visit the following links

- [Utah Insulin Savings Program](#): Offers discounted insulin rates to Utah residents
- [Insulin Cost Resource](#): Access to additional diabetes medication and insulin cost saving programs

COMBATTING SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is a type of depression related to changes in the season, most typically associated with fall and winter. It is thought that the shorter and darker days that come with the season change may trigger a chemical change in the brain which can lead to symptoms of depression.

WHAT CAUSES SAD?

It's thought that one of the main causes is that the colder seasons have shorter days with less sunlight. Melatonin, which is a sleep-related hormone, has also been linked to SAD. Melatonin is a natural chemical created by the body, specifically when it's dark. So, when days are shorter and darker, more melatonin is released throughout the body. While most people typically experience SAD during the fall seasons, some people may experience it during the Spring/Summer seasons (which is less common).

SYMPTOMS

- Feeling listless, sad or down most of the day/nearly all day
- Losing interest in activities you once enjoyed
- Having low energy or feeling sluggish
- Sleeping more than normal
- Overeating or weight gain
- Difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to be alive

Symptoms may start out mild and become more severe as the season progresses

HOW IS SAD TREATED?

There are four main categories used alone or in combination to help people diagnosed with SAD

LIGHT THERAPY

Aims to expose people to a bright light to make up for the diminished access to natural sunlight during the darker months. Treatment consists of someone sitting in front of a bright light box (10,000 lux) every day for 30-45 minutes. It's recommended this be done first thing in the morning.

PSYCHOTHERAPY

Also referred to as talk therapy, can help people with SAD by teaching them ways of thinking, behaving, and changing habits that contribute to depression. Cognitive behavioral therapy (CBT) is a type of therapy aimed at helping people learn to challenge and change their unhelpful thoughts and behaviors to improve their depression.

ANTIDEPRESSANTS

Medications used to treat depression can be effective when used alone or in combination with other forms of therapy. Antidepressants can take anywhere from 4-8 weeks to begin working.

VITAMIN D

Many people with SAD suffer from deficiencies in Vitamin D due to less access to the sun. Supplements are one way to improve the bodies Vitamin D access. Going for walks when the sun is out is another way to increase the bodies Vitamin D

WHAT DOES IT MEAN TO LOVE YOURSELF?

Self Love is a state of appreciation for oneself that is shown from actions that support ones physical, psychological, emotional, and spiritual growth. Self Love can mean something differently for each person. Self Love can sometimes be considered synonymous with self care.

WHY SELF LOVE IS IMPORTANT

Practicing self love can have multiple health benefits, both mentally and physically. Self Love has shown to reduce stress, negative thoughts, and overexerting oneself. Positive effects can show higher self resilience, problem solving skills, compassion, and empathy.

COMMUNITY RESOURCES

Here's a list of local resources for additional help

- [SLC Self Love Events](#)
- [Meet Up Groups](#)
- [Self Love/Help Therapists](#)

2024: THE YEAR OF SELF LOVE

With each new year comes the pressure to create a new you, new habits, new goals, you fill in the blank. While this can be fun and exciting for some, it can also be overwhelming and exhausting for others. Whether you love the idea of creating new years resolutions and tracking them throughout the year it's important to focus on what's in your best interest. Self Love can be as easy or hard as you want to make it! As talked about earlier in the newsletter a lot of people can be suffering from SAD and this is another way to help combat those hard feelings. Shifting ones focus onto the things they love about themselves can help train the brain to focus on the good aspects about themselves, rather than the bad.

WAYS TO PRACTICE SELF LOVE

It's helpful to keep in mind that self love may not come immediately to people the first time they try it. Think of it as a skill that you learn and need to practice continuously before it becomes habit. With that being said, here are some simple ideas for practicing self love that you can try!

- Start each day by looking in the mirror and saying 1-3 things that you love about yourself
- Start a journal and focus on affirmations
- Accept compliments without trying to downplay them
- Stop comparing yourself to others
- Allow yourself to make mistakes
- Try focusing on mental and physical aspects that you like about yourself
- Don't be afraid to let go of toxic people in your life
- Find three good things that happened each day
- Do one thing each day that you love
- Give yourself breaks without feeling bad