

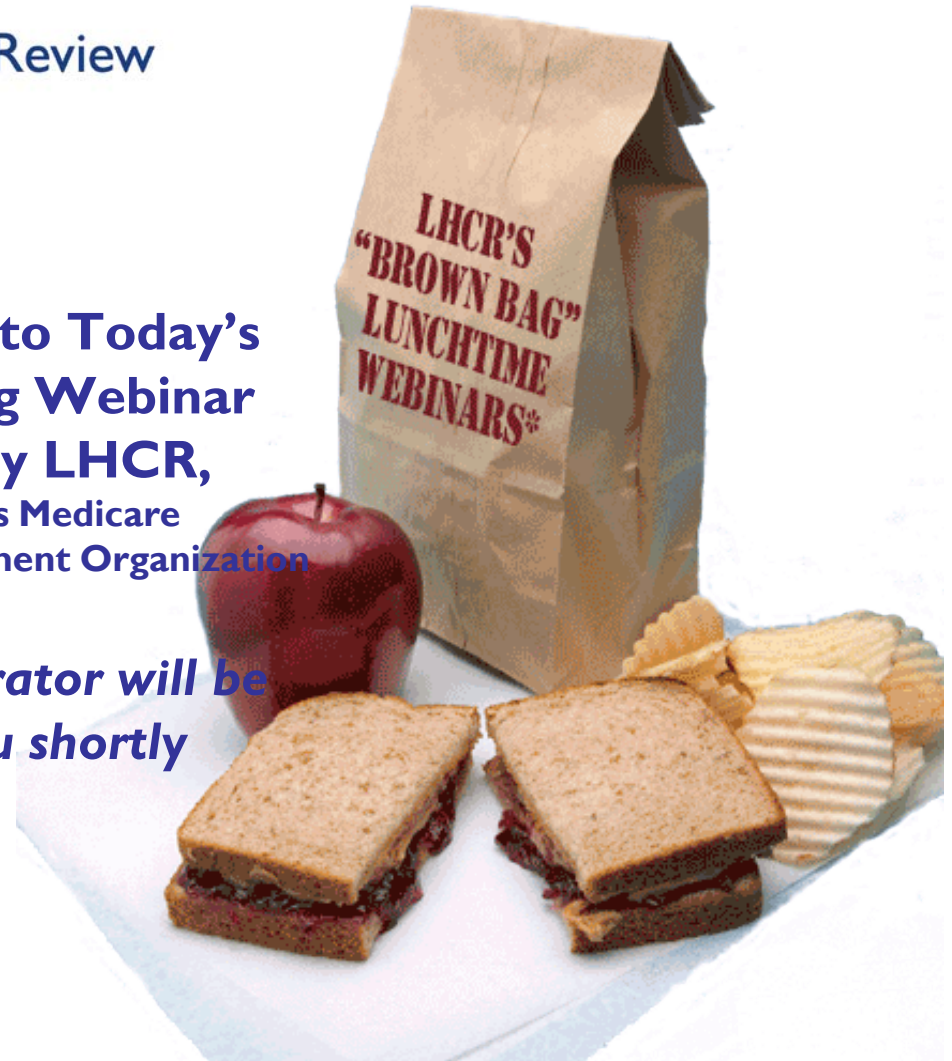


Louisiana Health Care Review

The Medicare Quality Improvement Organization
www.lhcr.org

**Welcome to Today's
Brown Bag Webinar
hosted by LHCR,
Louisiana's Medicare
Quality Improvement Organization**

***Your moderator will be
with you shortly***



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Most Wonderful Time of the Year

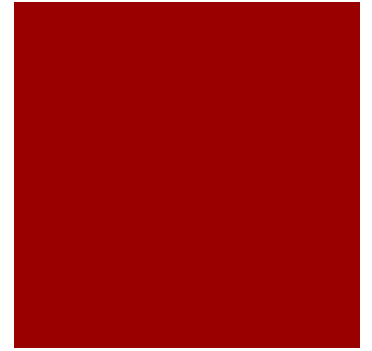


–or is it?”

LNHA Webinar
December 4, 2008

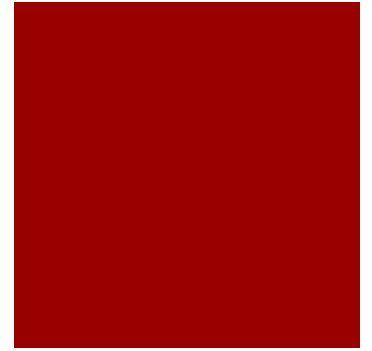
Goals

- More peace and joy
- Less stress and depression



Objectives

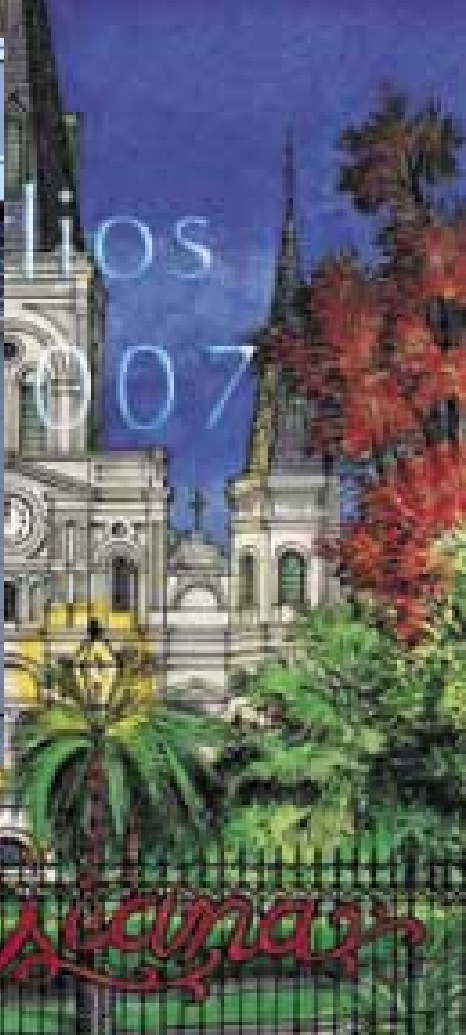
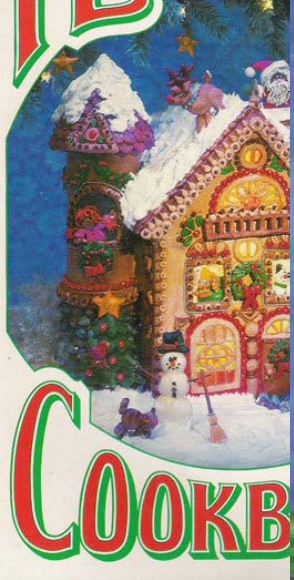
- Describe the effects of stress
- Recognize warning signs of depression
- Create survival kit



Miriam B. Loo's

HOLIDAY

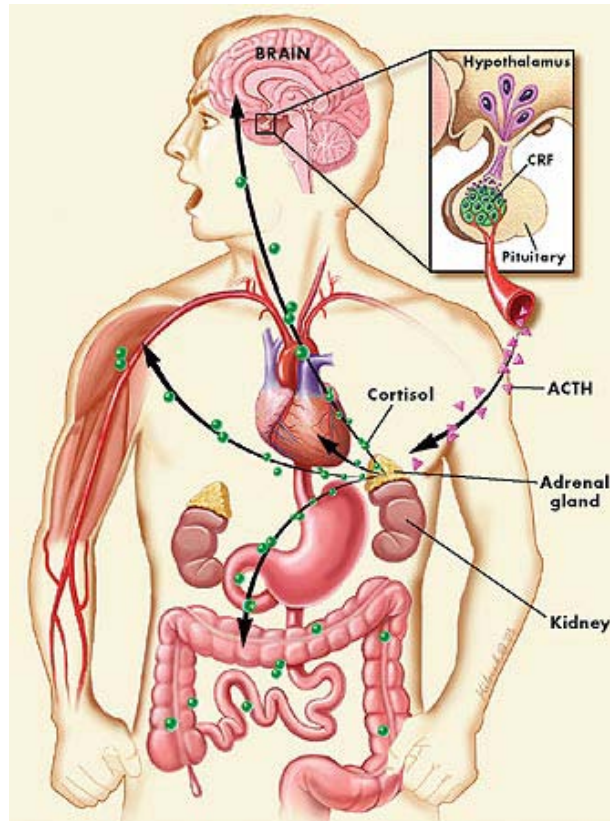
Picture this



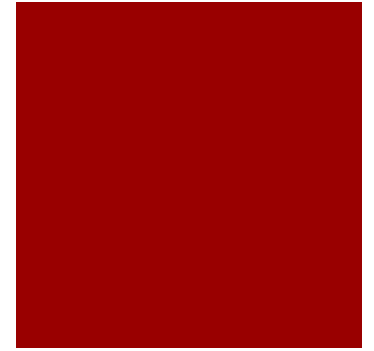
Christmas in Louisiana



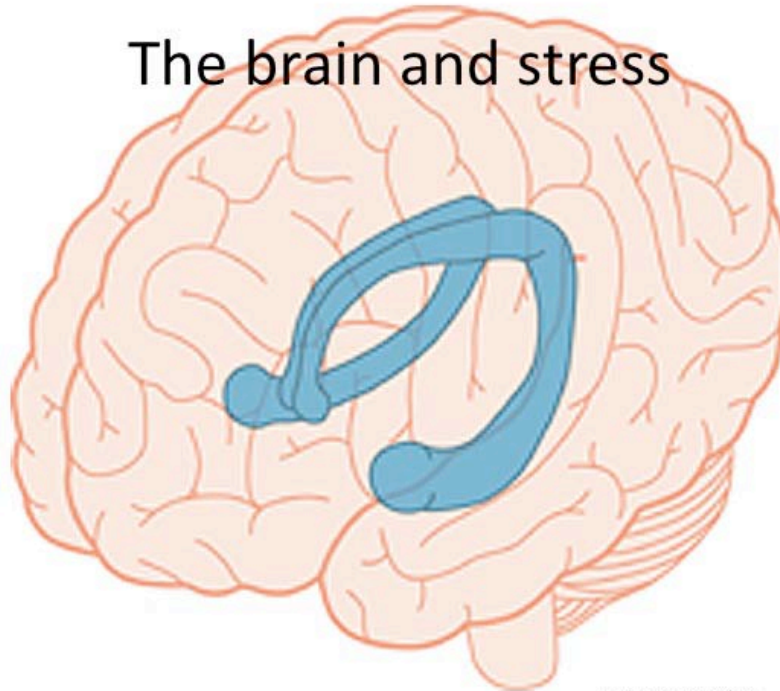
Effects of Stress



Effects of Stress



The brain and stress



Brain boosters/Stress busters



■ Healthy habits

- Physical exercise

- Hydration

- Sleep

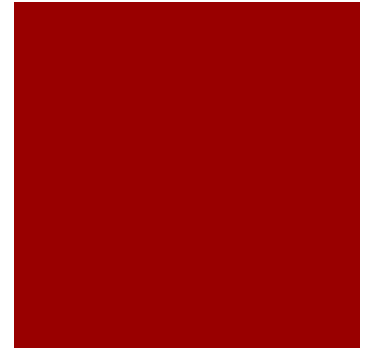
■ Healthy attitudes

- Optimism

- Laughter

- Confidence

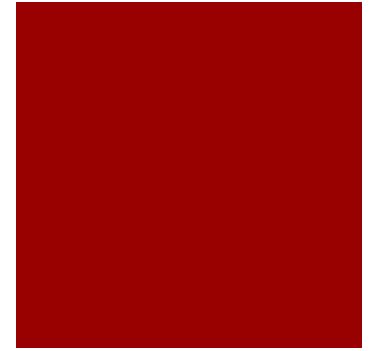
Warning signs of depression



- Prolonged sadness
- Unexpected crying
- Loss of self esteem
- Little interest, little pleasure

Warning signs of depression

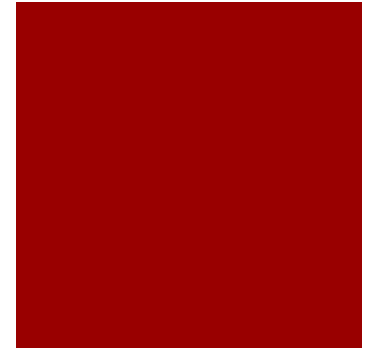
- More aches and pains
- Poor sleep
- Little energy
- Changed appetite
- Social withdrawal



Ask yourself

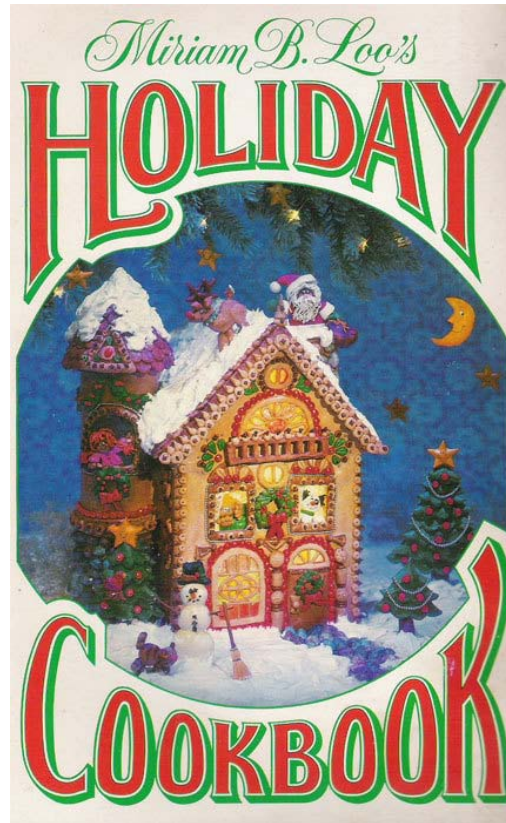
- Over past two weeks...
 - Persistently, constantly feeling blue
 - Unable to experience pleasure

Please, talk to your doctor

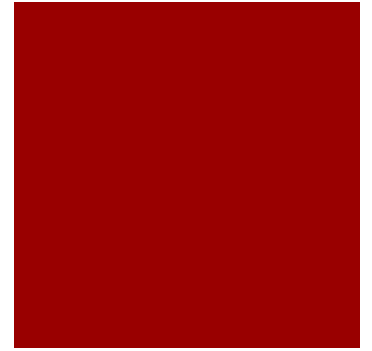


What are your triggers?

- Family
- Food
- Finances
- Fun
- Physical



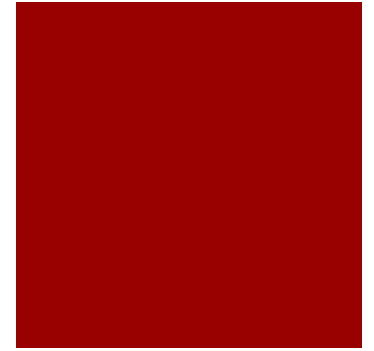
Tips for coping



Using new coping strategies
may help you enjoy this
holiday season.

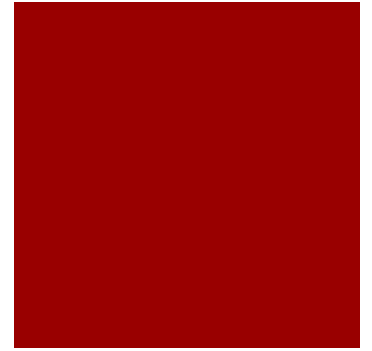
Coping Tips

- Acknowledge your feelings
- Seek support
- Be realistic



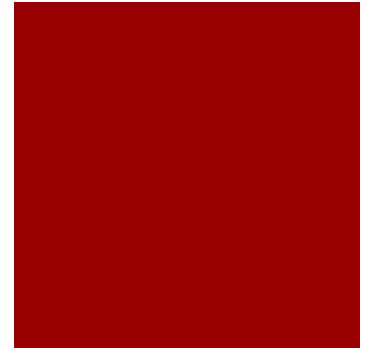
Coping Tips

- Set differences aside
- Practice forgiveness
- Stick to a budget
- Plan ahead



Coping Tips

- Learn to say no
- Take a breather
- Don't abandon healthy habits
- Rethink resolutions and forget about perfection



Care-giving at home

- Balance rest and activity
- Keep or adapt family traditions
- Have realistic expectations
- Optimize visiting
- Avoid crowds
- Enjoy yourself, even without care recipient
- Create rest space

More tips

- <http://www.mayoclinic.com>

