



# Nursing Newsletter

## Post Holiday Depression

According to Psychology Today, it is not unusual for people to experience sadness after the holidays. It's not that unusual. Some studies show as many as 25 percent of Americans suffer from low-grade to full-blown depression after the holidays.

Throughout December, many people become social butterflies. Schedules become full of socializing with family and friends, vacation time away from school or work, and possible overindulgence. After the New Year begins, many must return to a normal routine. For those who are prone to depression anyway, the weeks after a holiday can feel like the emotional rug has been pulled out from them.

According to PsychCentral, there are a few things that can be done to help relieve the feelings:

1. Take care of yourself; eat health and get enough sleep
2. Take a meditative few minutes a couple times a day
3. Call or spend time with friends
4. Do something small but positive for yourself at least five times a day.
5. Do something for someone else
6. Arrange things to look forward to

If you find that situational depression persists and is becoming unbearable, professional help is available and treatment is not necessarily limited to drugs. Counseling, support groups, and light therapy are also effective for treating depression symptoms.

If you need to talk to someone, the National Suicide Prevention Hotline is (800) 273-8255.

## Open House at Blanche Ely

Nursing students are excited to show off their clinical skills at the open house on January 30.

The nursing lab will be open and students will be doing blood pressure checks as well as presenting other clinical skills for all visitors.

Please drop by and see us!

## Healthy Resolutions

John Hopkins offers a few recommendations for a happy and healthy new year:

Practice mindful eating - take time to slow down and pay attention to your food, pausing to put down utensils between bites.

Chill out and rest up - when it's time to sleep, it's time to chill - literally. Knocking the thermostat down to 68 degrees or lower before you tuck into bed can help you sleep better.

Adopt an attitude of gratitude - Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance well-being

Find 30 minutes a day to walk - Getting the recommended 30 minutes of exercise each day can be as simple as taking a walk.

Take the steps - Making small, daily changes such as taking the stairs instead of the elevator may seem minor, but they can make a big difference for your heart in the long run.

## Cervical Health

January is Cervical Health Awareness Month, and we want you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

The HPV vaccine (shot) can prevent HPV. Cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, we encourage:  
Women to start getting regular cervical cancer screenings at age 21  
Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

## Celebrate!

### January 6 - 12

Folic Acid Awareness Week

### January 21

Martin Luther King Jr. Day

### January 21-25

Healthy Weight Week

### January 27

International Holocaust Remembrance Day

### January 31

World Leprosy Day

## Gluten-free diets: What is the appeal?

A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale.

A gluten-free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten. A gluten-free diet is, however, popular among people without gluten-related medical conditions. The claimed benefits of the diet are improved health, weight loss and increased energy.

The expense of following a gluten-free diet can be substantial, especially if your diet includes foods that aren't naturally gluten-free.

## Free Community Events

- Jan. 9 – Detox Seminar – Total Body Cleanse 6:30p. Boca Center for Healthy Living, 33431
- Jan. 12 – Palm Beach VegFest 10:00a. Mizner Park Amphitheater, Boca Raton, 33432
- Jan. 19 – Health Fair 10:00a – 2:00p. Plantation High School, Plantation, 33313
- Jan. 26 - Help and Healing on the Spiritual Path 11:00a. Northwest Regional Library, 33065
- Jan. 30 – Open House at Blanche Ely High School 6:00p. 1201 NW 6th Ave, 33060