

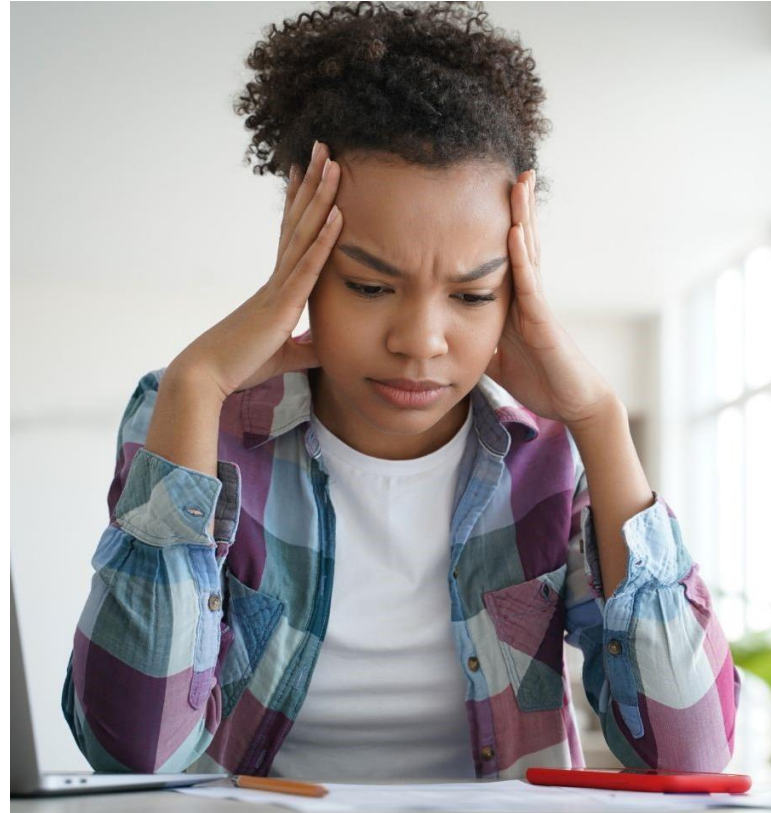
Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

NOVEMBER 2024 | LET'S TALK: HOLIDAY STRESSORS

FINANCIAL STRESS

Dealing with financial stress during the holidays can be challenging, but planning and prioritizing can make a big difference. Start by setting a realistic budget that covers gifts, travel, and entertainment, and stick to it to avoid overspending. Focus on thoughtful, meaningful gifts rather than expensive ones, and look for ways to save, like shopping early, using sales, or making homemade presents. Don't hesitate to be open with loved ones about financial limitations—most people will understand and appreciate honesty. Finally, remember that the holidays are about spending time with loved ones, not just about material things, and focusing on these meaningful aspects can help reduce the pressure to spend.



OTHER STRESSORS DURING THE HOLIDAYS

Family Conflicts

Over-Commitment

Time Management

Traveling

Social Isolation

Diet & Exercise Disruptions

Pressure of Gift-Giving

Unrealistic Expectations

Recognizing and addressing these additional stressors early can help reduce their impact and make the holidays more enjoyable.



MENTAL STRESS

Stress and depression during the holidays are common, often triggered by pressures like financial strain, family dynamics, or high expectations for perfection. Feelings of loneliness, grief, or seasonal affective disorder can also intensify during this time. To manage these emotions, it's important to set realistic goals, prioritize self-care, and maintain boundaries to protect your mental health. Staying connected with supportive loved ones, practicing gratitude, and focusing on the meaningful, non-material aspects of the season can help. If feelings of sadness or anxiety become overwhelming, reaching out for professional support can provide guidance and relief.

IMPORTANT CLINIC INFORMATION

Week of November 25th thru 29th

11/25 – 7:00am – 5:00pm

11/26 – 7:00am – 5:00pm

11/27 – 7:00am – 5:00pm

11/28 – Happy Thanksgiving – Clinic Closed

11/29 – 8:00am – 5:00pm Prescription Pick-up Only



If you need a prescription refill during this time, please call the clinic by 11/26.

Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com

Use Code: KCmedical24!

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene

Open 8a – 5p, Monday through Friday

**Schedule
your Annual
Wellness
Physical
now!**