

# GOOD NEIGHBOR SCRIPT™

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## 7 Steps to Holiday Self-Care

If you look forward to the holidays with a mix of joy and jitters, you're not alone. In a survey by Healthline magazine, more than 60 percent of readers — from millennials and Gen Xers to baby boomers — reported feeling some stress during the holidays. Finances were by far the biggest stressor, with 47 percent citing money matters as the biggest cause of their anxiety. The next most common stressors were eating healthy and exercising (16 percent) and picking the right gift (15 percent).

While it's wonderful to get caught up in the festivities and the spirit of giving during the holidays, don't forget to give yourself a gift, too. Treat yourself to some self-care with these seven tips for easing the holiday stress.

- 1. Set realistic expectations.** Don't overdo the entertaining, shopping and decorating. Only do as much as feels right for you. It's OK if your house doesn't have the most elaborate light display on the block or if you bow out of hosting that New Year's Day brunch. Saying "yes" to too much can leave you feeling stressed out.
- 2. Recruit a help crew.** Ask friends and family members to pitch in with holiday preparations. Instead of cooking the entire family dinner yourself, have a potluck and ask each guest to bring a special dish. Put the kids in charge of trimming the tree. If you're hosting a large gathering, consider hiring a professional caterer or cleanup service to ease your workload.
- 3. Find time for a recharge.** Take a nap, go for a walk, get a spa treatment or meet a friend for coffee. Even short breaks and simple diversions can make a difference in lowering your stress level. The Mayo Clinic says just a 15-minute timeout can leave you feeling refreshed enough to tackle the rest of your holiday to-do list.
- 4. Balance holiday food indulgences with healthier bites.** Maintaining a healthy diet during the holidays will not only keep you feeling better physically but it will also help keep you from stressing about your health. To reduce the temptation of those high-calorie sweets, cheeses and

drinks at parties, the Mayo Clinic recommends eating a healthy snack before you go. Load up on vegetables on your first trip to the buffet. That way you won't be tempted to skip the veggies later because you're too full from eating the heavier hors d'oeuvres.

- 5. Try some relaxation techniques.** When your nerves are frazzled, experts at Harvard Medical School recommend techniques like guided imagery (picturing soothing images or experiences in your mind) and breath focus (taking long, slow, deep breaths while blocking out distractions) to help you relax. Other useful strategies for destressing between holiday errands include meditation, journaling and exercising.
- 6. Volunteer to help others in your community.** Consider trading in a shopping trip for a visit to a nursing home, children's hospital or shelter for the homeless. Focusing on the less fortunate with a sense of gratitude and purpose may help make the pressure you're under feel lighter. In a study of volunteers by UnitedHealthcare and VolunteerMatch, 93 percent reported experiencing better moods, 88 percent reported improved self-esteem and 79 percent reported lower stress levels as a result of volunteering.
- 7. Speak up if your holiday blues get worse.** If your feelings of stress or loneliness become persistent and overwhelming, talk to someone. Maybe a chat with your spouse or a sympathetic friend will make all the difference. But don't hesitate to seek help from a physician or mental health professional if need be. Some signs that you may benefit from seeking help from a professional include the following: Your feelings of anxiety become so intense and persistent that they interfere with your performance of normal daily tasks. You're suddenly experiencing insomnia or, conversely, sleeping too much. You are misusing alcohol or drugs to relieve your stress.

Following these self-care tips will help keep you steady through the whirlwind of the holidays while giving you the gift of better physical and mental health.

### *Health & Fitness* Top Tips for Traveling with Medications

With the holidays often comes holiday travel. But as you pack for your trip, remember that even when you are away, it's still important to responsibly manage your health conditions that require medication. Here are some practical tips for traveling with prescription medications.

- 1. Count them out.** Check your prescriptions at least a week prior to travel to make sure you have a sufficient supply. Get any necessary refills before you leave so you don't run out while on the road.
- 2. Carry them on.** Place all prescriptions in your carry-on luggage. If your flight is delayed or your checked luggage is lost, you may find yourself without your medications when you need them most.
- 3. Read the fine print.** The Transportation Security Administration (TSA) allows most pills and solid medications, as well as small amounts of liquid medications and diabetic needles, on board all flights. If you have any questions, call the TSA Cares toll-free helpline at 1-855-787-2227.
- 4. Pack in the original bottle.** When traveling with a controlled substance — such as a narcotic painkiller or a stimulant medication for attention deficit hyperactivity disorder (ADHD) — make sure to carry the drug in its labeled prescription bottle. Having the official information on hand can help you avoid problems with local law enforcement at your destination.
- 5. Find a local pharmacy.** Sometimes, you may lose or run out of your pills. If you run into trouble while traveling, seek out the closest pharmacy. They can contact your home pharmacy to help get you back on track.
- 6. Cool it.** If your medications need to be refrigerated, pack your prescription in a small travel cooler with some Ziploc bags. You can refill the Ziplocs with ice once you are through the security checkpoint to keep things cool.



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## Ask a Pharmacist What is the Difference Between a Cold and the Flu?

It's nearly impossible to tell the difference between a cold and the flu based on symptoms alone because they are so similar, but there are some contrasts.

Symptoms of a cold include a cough containing mucus, watery eyes, runny/stuffy nose, congestion, sneezing, postnasal drip, sore throat, low-grade fever and headaches. A cold develops gradually, worsening within a matter of 2-3 days, and may last between 5-10 days. Symptoms of the flu can be abrupt and include severe body aches, headaches, chills, a high-grade fever, fatigue, dry cough, and in some cases, severe complications. The flu typically persists between 7-14 days or longer.

Contact your healthcare provider if you are experiencing severe symptoms. Diagnosing the flu may be as simple as getting a quick swab test. Such tests may be readily available at your doctor's office or at your local pharmacy. The flu is highly contagious and, in some cases, may be deadly, over 5,000 people die yearly from complications of the flu.

Persons with chronic disease(s) who develop the flu have a higher rate of developing complications. This is true for young children, senior citizens, pregnant women and persons with a weak immune system. To aid in preventing the flu, make sure to get your annual flu shot. If you have a cold or the flu, prevent spreading to others by staying home, washing/sanitizing your hands, wearing a mask, etc.

Generally, treatment of a cold or the flu includes just trying to alleviate symptoms. Many of the remedies needed can be found in the over-the-counter section of your local pharmacy. For persons with a higher risk of developing complications from the flu and those who live with and/or take care of them, it is imperative to talk to your doctor. You may need an anti-viral and other prescription medications to facilitate recovery.

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**Roseanne Papoyan**  
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## Local Love Q&A Lone Star Pharmacy SANTA FE, TEXAS



### What is your favorite part of owning an independent pharmacy?

It's the freedom of being able to practice pharmacy how we feel best serves our patients. We are not regulated or micromanaged by some large corporation that is led by people who have never set foot in a pharmacy. This freedom allows us to provide a level of health care that the big boys can never compete with.

### What is the competition like in your area?

We have several pharmacies in the area, but competition is nothing to shy away from. We accept the challenges and know our customer service will keep us in the game.

### What unique health needs do you have in your community?

We are not a community of predominately elderly and do not have the really young population of a college town. It's really a combination of all ages, which presents the challenge of serving many different health needs on a daily basis.

### What does *Locally Loved* mean to you?

We try to live up to the *Locally Loved* slogan every day. *Locally Loved* means when Mrs. Smith calls us at 8 p.m. on a Sunday because she forgot her blood pressure medication, we drive up to the store and take care of her. *Locally Loved* doesn't just mean the community loves us; we love them and try to provide the highest standard of care possible. *Locally Loved* is a feeling that most pharmacists never get to experience, and trust us, we don't take it for granted.

## December Recipe Tuscan Vegetable Soup with Ciabatta Croutons

Packed with a vegetable-loaded mixture of potato, carrot, kale and cabbage, this dish pays homage to Tuscan ribollita, a minestrone-like soup. This dish showcases the delicious flavors and nutrient-dense qualities of the Mediterranean diet in one warm, comforting bowl.

### Ingredients

- 1 ciabatta roll
- 1 organic yellow onion
- 1 or 2 organic celery ribs
- 1 organic carrot
- 1 or 2 organic waxy potatoes (such as Yukon Gold or red, about 6 ounces total)
- 1 or 2 cloves organic peeled fresh garlic
- 1 small bunch organic kale
- ¼ pound shredded organic green cabbage (such as Savoy)
- ¾ cup crushed fire-roasted tomatoes
- 1 cup cooked white beans
- 3 or 4 sprigs organic fresh flat-leaf parsley
- 1 ounce shaved Parmesan
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- Olive oil

### Tools

Peeler (optional), garlic press or fine-toothed grater (optional), colander, large sauce pot, sheet pan

#### 1. Make the ciabatta croutons

- Heat the oven to 400 F.
- Tear the ciabatta into 1-inch pieces.
- On a sheet pan, drizzle the ciabatta with 1 tablespoon oil, season with salt and pepper and toss to coat. Spread the ciabatta in an even layer and toast in the oven until crisp and browned, 8 to 10 minutes.
- While the ciabatta croutons toast, start preparing the vegetables.

#### 2. Prep the vegetables

- Peel and coarsely chop the onion.
- Trim the ends from the celery; cut the celery on the diagonal into ½-inch-thick slices.
- Scrub or peel the carrot and trim off the ends; cut the carrot in half lengthwise, then crosswise on the diagonal into ½-inch-thick slices.
- Scrub or peel the potatoes; cut the potatoes lengthwise into quarters, then crosswise into ½-inch-thick pieces.
- Finely chop, press or grate enough garlic to measure 1 teaspoon.
- Strip the kale leaves from the stems; coarsely chop the leaves.

#### 3. Start the soup

In a large sauce pot over medium-high heat, warm 1 to 2 tablespoons oil until hot but not smoking. Add the onion, celery, carrot, potatoes and garlic and season with salt. Cook, stirring occasionally, until the vegetables start to soften, 10 to 12 minutes.

Add the kale, cabbage, tomatoes and 3 cups water and season with salt. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until the vegetables are just tender and the soup thickens, 5 to 7 minutes.

While the soup simmers, prepare the remaining ingredients.

#### 4. Prep the remaining ingredients; finish the soup

- Rinse the white beans.
- Strip the parsley leaves from the stems; coarsely chop the leaves.

To the soup, add the beans and parsley; bring to a boil, reduce to a simmer and cook, stirring occasionally, until the beans are warmed through, 2 to 3 minutes. Remove from heat and season to taste with salt and pepper.

#### 5. Serve

Place the ciabatta croutons in individual bowls and ladle the soup on top. Garnish with the Parmesan and serve.



Total time: 35 to 50 minutes  
Prep time: 15 minutes  
Cook time: 25 minutes

### Kids Can!

- Tear the ciabatta.
- Press the garlic.
- Strip the kale leaves.
- Rinse the beans.
- Garnish with the Parmesan.



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