



PEP TALK

PULMONARY EDUCATION PROGRAM
LITTLE COMPANY OF MARY HOSPITAL

November 2021



November 18 Luncheon Speaker

Dr. William Stringer will be our speaker at the November luncheon. As always, his topic will be something of interest to **all of us**. Hope to see more of you at the China Buffet for this luncheon.

STRESS LESS “MANAGE STRESS OR IT WILL MANAGE YOU”

Source: *Parkinson Research Foundation Fall 2021*

THINK ABOUT IT – What is stress? You cannot hold it or stomp it like a bug. Stress is intangible. It’s an anxious feeling inside of you, caused by outside circumstances, most often, beyond your control. It’s triggered by difficulty, pressure and strain.

WATCH FOR IT – A healthy amount of stress is good because it motivates you to move.

An unhealthy amount of stress can make you sick. Overwhelming stress can quickly consume your

thoughts and negate your life. Don’t let it. Take immediate action and defend yourself! Deal with stress early, when it’s small, before it gets too big for you to handle. To manage stress before it manages you, you must identify it, confront it and contain it.

IDENTIFY IT – Sit down, alone in a quiet place, and go inside your mind. Clearly identify what’s causing your anguish, upset and pain.

WRITE IT – Take time for serious thought and a long hard look. Clarify each stressor and write it down. Health problems most often take first place. Look closely at each issue and ask yourself, “Is there anything I can do about it?” If the answer is “no”, throw it over the fence and forget it! If the answer is “yes”, begin to plot a plan to deal with it. You have now faced your stressor. By taking control with an action plan, you contain it.

STRESS FOR SURE – With life there is stress. You face difficult days, pressured by daily demands. If not kept in

check, stress will grow in strength and harm you. You must deal with stress on an ongoing basis. Watch for warning signs so you see it coming way in advance.



WARNING SIGNS – Stress affects you physically and emotionally. Emotional signs usually come first such as apathy, anxiety, frustration, forgetfulness, irritability, distraction, quick temper, insomnia, eating disorders and depression among others. If untreated, it will worsen leading the way for physical symptoms like fatigue, recurring headaches, noticeable weight loss or gain, intermittent chest pain, shortness of breath, nausea and vomiting, to name a few.

AVOID DEPRESSION – Stress opens the door for de-

pression which is a low, blue mood that lasts for more than a few weeks. The “red flag” warning signs include: isolation; disinterest in what you used to enjoy; sleeping too much; eating disorders; unruly appearance; poor personal hygiene; apathy; uncontrollable tears; unhappy face; hopeless comments. Serious depression can lead to thoughts of suicide.

STRESS BUSTERS THAT COULD SAVE YOUR LIFE

– Say No...Limit Change... Rest Up...Eat Well... Take Time Off...Ask for Help...Get a Massage...Laugh A Lot... Have a Hobby... Take Tai Chi... Try Aroma Therapy... Take Walks...Deep Breath... Work Out...Lighten Up... Lunch with Friends...Beach It... Take a Bubble Bath...See a Movie...Relax & Read... Dine Out...Try Acupuncture... Have Fun with Family...Go Shopping...Enjoy a Spa Day... Think Positive...Pray...Listen to Music...Stay Organized... Have Faith...Get Exercise... Practice Yoga...Do Fun Things...Seek Sunshine... Meditate Daily...Sit & Just Be...And On & On!!!

Meet Your Callers

Millie Maloney

Hello friends! My name is Millie. I've been enjoying monthly telephone conversations with my call group since July 2019. It's great to keep up with how you are and what is happening in your lives. I hope

to see you in person at our reconstituted luncheons at the China Buffet. Maybe you've joined other PEPers at the Beach Cities fitness sessions -- I hope so. Everything we do to stay active helps us stay well. Be healthy and happy; hope to see you soon.



PEP Talk is Going Virtual



As costs continue to rise for postage, your Board of Directors are looking for ways to save.

Starting January 1st, 2022, we will be distributing the PEP Talk in a digital format, through email and posted on the website. We already have many members' email addresses, but if you have never received an email from peppioneers@gmail.com, please send one to that address and identify yourself in the body of the message to be added to the

email list.

If you do not have a computer, email address, or strongly prefer a paper copy of PEP Talk for some reason, please let a Board member or your caller know so that we can keep you on the snail mail list. Otherwise, keep your eyes on your inbox for our monthly newsletter starting in January!



December Birthdays

- | | |
|----------------------|---------------------|
| 1 Del Perry | 15 Teri Neilson |
| 2 Patricia Elzie | 16 Anne Robinson |
| 2 Mary Ann Priore | 19 Connie Quintana |
| 3 Francie Chandler | 20 Joyce Rodgers |
| 6 Harry Hahn | 21 Rita Jelsma |
| 9 Sang Kim | 22 Roberta Moore |
| 12 Jennifer Harrison | 24 Kathleen Delgado |
| 13 Bob Valentine | 26 Barbara Greco |

Karen Thompson, Editor

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Tax Deductible donations

may be made to:
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