

## Christmas is nearly here. Are you ready?

**Christmas is a particularly busy time of year, and it's easy to lose track of what you need to do.**

Do you have enough medication to last you over the holiday season? If you are likely to run out, organise your scripts now. Doctors will start going on leave soon, so to avoid any delays, get in now.

You can request your scripts on Manage My Health if you are registered.

## Cheaper visits for our Community Service Card Holders are here!

As of the 1<sup>st</sup> of December, our Community Service Card holders will notice a reduction in standard consultation fees. This also includes ACC consultations.

## #AreYouOk?

**This time of year can be stressful for a number of people.**

We all experience ups and downs in our mental health that can affect the way we think, feel, behave and relate to others.

Nearly half of New Zealander's will experience this during their lifetime.

Make sure you reach out to your friends and family this Christmas. Asking such a simple question "Are you OK?" can go a long way to helping someone. And if you are in a situation where you need help, make sure you reach out. There is always someone here to listen and support you.

We can help with your journey to wellness.



## Anxiety Advice

**Anxiety is a normal human emotion. However, some people find themselves worrying or feeling anxious so often that it interferes with their day to day life. Anxiety disorders are very common, affecting approximately 15% of the population**

Anxiety disorders range from generalised anxiety disorder through to panic attacks, phobias, post-traumatic stress disorder and obsessive-compulsive disorder. Although it may sometimes feel like anxiety controls us, there are things you can do and skills you can learn to overcome anxiety.

### Key points

1. Learn about anxiety and anxiety disorders to help you make sense of how you feel.
2. Break problems into simple goals and small steps.
3. Learn how to think constructively and positively.
4. Engage in techniques to help you relax.
5. Spend time with people who can support you and help you to handle negative emotions and thoughts.

## Patient Newsletter - Decemberr 2018

### Treatments

Generalised anxiety disorder can be treated. There are a range of treatments available to you. The first step is to talk with your GP who will discuss these with you and together you can decide which is best for you. Your doctor may refer you to a mental health specialist.



### Self care

The choices we make every day of how we live, eat, work, relax and react are very important to reducing anxiety in our lives. The following are some of the things you can do to take control and reduce anxiety building

### Exercise

Regular exercise, particularly aerobic exercise, such as walking, swimming or running, is an excellent antidote to reduce stress and tension

### Smoking & alcohol

Smoking and alcohol have been shown to make feelings of anxiety worse. Aim to reduce your drinking to a maximum of 1 or 2 drinks per day. If you smoke, try giving up. Talk with your doctor/nurse or ring Quitline for advice, support and nicotine replacement therapy.

### Relaxation

Relaxing also helps. Find ways to learn relaxation and breathing exercises or try yoga, Pilates or tai chi.

### Diet

Check what you are eating. Too much caffeine, sugar or fast food can act like dirty oil and upset your system. Caffeine and energy drinks can disrupt sleep, speed up your heartbeat and increase anxiety. Try eating regular meals, a healthy breakfast, more fruit and vegetables and less processed foods.



## Thank you for your support in 2018

**We wish you and your families a happy, healthy Christmas and New Year.**

Make an appointment to see us in January. New Year is a great time to set health goals, and we have many different ways to help.