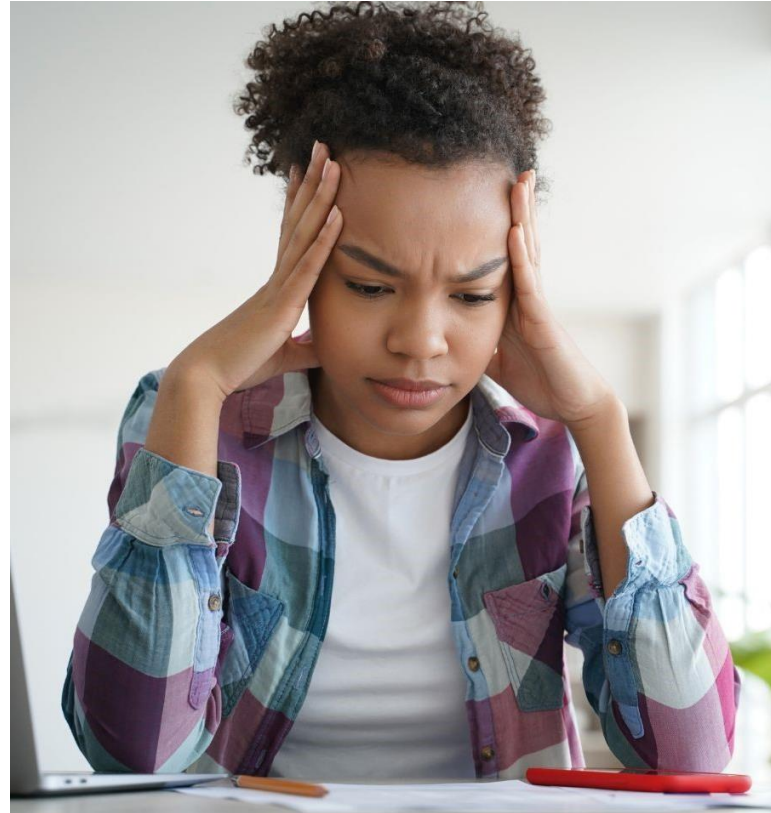


# CLINIC NEWSLETTER

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

**11/28 – Happy Thanksgiving – Clinic Closed**

**11/29 – Prescription Pick-up Only**

**12/2 – Prescription Pick-up Only**

If you need a prescription refill during this time, please call the clinic by 11/25.



**Need an appointment? Have questions?**

Call 317-346-7970

Email [pmrjmh@pmrhealthcare.com](mailto:pmrjmh@pmrhealthcare.com)

Go online to [www.pmrjmhfranklin.com](http://www.pmrjmhfranklin.com)

Use Code: *PMRjmh2023!*

Visit 1159 W Jefferson St, Ste 101, Franklin IN

*Check website for current clinic hours*

## NEW HOURS!

**Mon, Wed, Fri**  
8:00am – 5:00pm  
(closed 12-1 for lunch)

**Tue, Thu**  
7:00am – 3:30pm

Note: The doors into the 1159 building unlock at 6:50am