

Thursday, September 22nd, 2022



AICA NEWSLETTER

Upcoming AICA Activities

Tuesdays

Chair Yoga
4:00-5:00

Level One
Yoga
5:30-6:30

Wednesdays

Student Support
Sessions
(by appointment)

Morning Gentle Yoga
Class
10:00-11:00

Saturdays

Youth Sessions
focusing on,
"Social, Emotional
Learning and
Substance Abuse
Prevention," with
Rae
9:00-12:00

Today's Little Chuckle

In memory of Shirley LaFleur 1941-2022

**Why did the
vegetable call the
plumber?**



There was a leak!

A Moment of Mindfulness

Notice Your Thoughts

If you allow negative thoughts to run rampant first thing in the morning, you lose the best time for creativity and productivity.

Many people wake up feeling anxious and filled with dread the minute they get out of bed.

Once you're aware of this bad habit, you can begin to change it by adopting a very simple new habit: *observation*.

When you separate yourself from your thoughts and simply notice them with detachment, you remove some of the power they have over your emotions.



Fall is the Season for Building Mindfulness and Resilience

For many of those who struggle with seasonal depression in the winter months, the fall is the beginning of their symptoms.

Psychologists have found that the thought of change, the ending of one thing, the beginning of another underlies a great deal of anxiety. Some of us struggle with "intolerance of uncertainty," as experts call it.

Dr. Kecmanovic said that weaving bigger themes of nature and purpose into quiet moments of meditation can help calm your sense of anxiety around short-term uncertainty and put it into a broader perspective.

If you're always trying to avoid difficult feelings, you might end up also cutting yourself off "from love and richness and sweetness," Dr. Wilson said.

The Flu Shot

An annual flu vaccination is recommended for most people 6 months and older, especially essential workers, individuals 65 or older, immunocompromised individuals and those with chronic medical conditions.

“Millions of people get the flu every year. Hundreds of thousands of people are hospitalized; tens of thousands of people die,” Sree Chaguturu, CVS Health® executive vice president and chief medical officer says.

“The flu shot is one of the best ways to protect yourself and your family. It has been shown to reduce flu-related illness and the risk of those serious flu complications.”

Remember that it takes about two weeks for the flu vaccine to build up immunity in the body, Sree adds. “Getting vaccinated early in the fall, ideally before the end of October, ensures that as flu season starts to ramp up, you've built up the protection.”

The flu shot, as well as the updated COVID-19 booster and other seasonal vaccines are critical to good health.

While flu shots don't protect you from COVID-19 — and COVID-19 vaccines don't protect against flu — it's easy, and recommended, to get both. “Patients can get the COVID-19 vaccine and the flu vaccine at the same time. At CVS Pharmacy, patients can schedule both vaccines during the same appointment,” Sree says.