

Thursday, November 3rd, 2022



AICA NEWSLETTER

Upcoming AICA Activities			Today's Little Chuckle
Tuesdays Chair Yoga 4:00-5:00	Wednesdays Student Support Sessions (by appointment)	Saturdays Youth Sessions focusing on, "Social, Emotional Learning and Substance Abuse Prevention," with Rae 9:00-12:00	<i>In memory of Shirley LaFleur 1941-2022</i> Q: What's a UPS driver's favorite sport?  A: Boxing!

A Moment of Mindfulness *Practice Shower Meditation*

For most people, a shower is already part of their morning routine. But when you add a quick meditation session to this ritual, you can focus on practicing deep thinking and creating positive thoughts for the day.

You know how you often get your best thoughts in the shower? Well, the same principle applies here. The calming effect of warm water puts your mind on autopilot, which frees it up to come up with inspirational ideas.

Shower meditation is one of the mindfulness exercises that are great because it doesn't require you to do anything new, just do the same stuff differently. In a more thoughtful and mindful manner.



What is Seasonal Affective Disorder and What are the Symptoms?

- It is a type of depression related to changes in seasons. SAD begins and ends at about the same time every year. So people who suffer from this condition may find they feel moody, anxious, and upset from around the end of September until March.
- Behavioral specialist Abdullah Boulad states: "The reasons sufferers may experience this condition can be complex and varied. It is usually due to the change in light schedule and its effect on the body, namely on the pattern of serotonin, the *happy* hormone."

How to Cope With Diminishing Daylight

Winter, and its associated darkness is coming. On Sunday, November 6th, we will turn our clocks back an hour to mark the end of daylight saving time. Daylight will keep diminishing until the winter solstice on December 21.

- *Incorporate Movement*
- *Adjust Your Schedule*
- *Alter Your Self-Talk*
- *Take on a New Challenge*
- *Set Micro Goals*
- *Get Outside*
- *Document the Positives*
- *Engage in Meaningful Activities*
- *Pen a Letter of Appreciation*
- *Seek Professional Help*

Moreover, “winter can be an isolating period in which our exercise schedules are reduced, our connection to nature is reduced, our connection to other people changes,” says licensed clinical psychologist Justin Ross, Ph.D., director for workplace wellbeing at UCHealth.

Now, feeling a little down in the cold months is different from having seasonal affective disorder (SAD). SAD is a mental health condition affecting up to 10 percent of the population in the U.S., depending on geographic location.

Whether or not you have SAD, there are small things you can do to improve your mental health this winter. The bullet points round up 10 expert-approved tips. They may not be cure-alls, but they can make a difference in how you feel.

DHS Launches Free Telehealth Service for COVID-19 Treatment

The Wisconsin Department of Health Services (DHS) announces a free telehealth service to streamline access to COVID-19 treatment.

COVID-19 antiviral treatments must be taken within five days of symptoms starting, even if symptoms are mild, making it essential to quickly access a clinician for a prescription.

Anyone 18 and older who tests positive for COVID-19 can have a telehealth consultation with a health care clinician within 5-30 minutes. If eligible, a clinician will prescribe an oral antiviral pill that reduces the risk for severe symptoms, hospitalization, and death from COVID-19.

The prescription can be filled at over 600 pharmacies in the state. Insurance is not required.

The COVID-19 Treatment Telehealth service is available statewide, accessible through internet and telephone, and consultations are available in multiple languages. Consultations are available seven days a week from 8 a.m. to 8 p.m.

Start the process online:

https://home.color.com/consults/covid_antivirals/request/about?partner=covid-19-treatment-wi
or call 833-273-6330