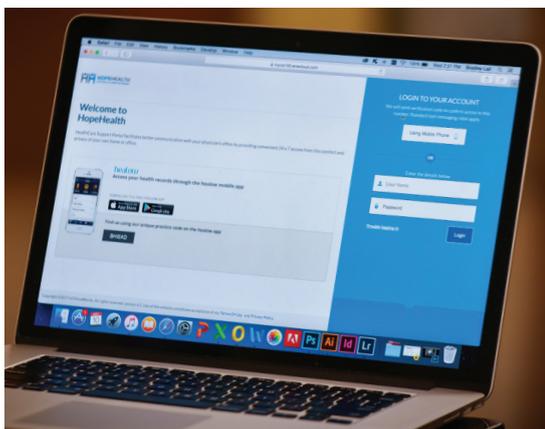




# NEWSLETTER

*Serving others, giving hope, changing lives*



## Prepare for the New Year with the Patient Portal

Through the Patient Portal, you will be able to:

- Ask questions of your care staff and provider
- Request prescription refills and referrals
- Request appointments
- Examine your current and past statements

Contact your primary care provider's office for more information and schedule your 2018 wellness appointments.

## Six Steps for Reducing Stress During the Holiday Season

The holiday season can be a challenging time. The loss of loved ones is often felt stronger, family functions and social events can be an introvert's worst nightmare, and meeting traditional holiday expectations can add to anyone's anxiety.

Here are six steps that you can take to help better manage your stress this holiday season:

- 1 Have a family discussion on how to celebrate this year and decide together what is realistic.
- 2 Consider modifying traditions or creating new ones for a refreshing change and relieve the pressure to always get everything "just right."
- 3 Invest in your faith. Attend a service with a friend or family member.
- 4 Know your limits. Establish boundaries with others who want you to participate in activities that you know will be too difficult for you.
- 5 Let others know what you need. If you want to be included or need a ride, say so. If you prefer to spend a quiet evening home and skip a social event, then express that.

6 Ask yourself the following questions for each of your holiday routines:

- Would the holidays be the same without it?
- Is this something you want to do differently?
- Do you do it out of habit, tradition, free choice, or obligation?
- Is this a one-person task, or can it be shared?
- Who normally is responsible for getting it done?
- Do you like doing it?

Answering these questions will help establish more realistic goals for your celebrations and reduce your stress. For information on stress management and other behavioral health services available at HopeHealth, visit [hope-health.org](http://hope-health.org) or speak to your care team today.



*These tips are taken from the article, "Stress and The Holidays," by Georgann O'Quinn, a HopeHealth behavioral and mental health counselor.*

## Know Your Status



For 30 years, December 1 has served as an opportunity to publicly show support for those living with HIV and AIDS and to honor those who have lost their lives to the disease. Designated as World AIDS Day in 1988, the day also provides the opportunity to raise global and local awareness of the impact HIV continues to have in our communities. HopeHealth invites everyone to join us throughout the month by wearing red ribbons and posting selfies using the hashtag #HHRedRibbon.

Get your free ribbon at the front desk of the Medical Plaza in Florence while supplies last. Free HIV testing is also available at the Medical Plaza and HopeHealth in Aiken, Kingstree, Manning, and Orangeburg. Visit [hope-health.org](http://hope-health.org) for details.



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