

Stress less this holiday season – and give your mental health a boost

Catholic Charities Press Release

One's mental health symptoms can affect a person at different times throughout the year, especially during the winter holidays. According to the National Alliance of Mental Illness, 64% of people report their mental health symptoms being worse throughout the holiday season.

The behavioral health team at Catholic Charities of Buffalo is offering tips to help you give your mental health a boost.

"Despite being surrounded by cheerful lights and decorations, exchanging gifts, and a warm message of togetherness, this can be the most difficult time of the year

for many who may feel more depressed, isolated, or anxious than usual," said Allie Medina, LMHC, clinic supervisor for Catholic Charities. "Please know that you are not alone; feeling sad and alone while others seem so full of joy is quite common. Fortunately, there are ways to focus on our mental health and keep us all moving in a positive direction throughout the winter months."

Here are five tips from Catholic Charities' behavioral health team to make the holidays a little happier:

- **Mindfulness.** Setting aside time to express and feel gratitude for things in your life can add positivity to your day. Whether this

be through journaling or meditation, creating designated space to feel grateful despite experiencing hardships can reframe negative thoughts to be more positive. If meditating or journaling seems too overwhelming, start small by listing three things you're thankful for.

- **Set boundaries.** It becomes more difficult to say "No" during a time when everyone wants to get together, but don't feel guilty limiting the time you are giving to others. Spending time with ourselves to relax and enjoy is OK, too. Listen to your social battery and make decisions based on what feels right to you.

- **Keep up a healthy routine.** It's

easy to let the holidays throw off our typical schedule and day-to-day routines. That's why it's important to try and remain consistent. Make sure you're getting enough sleep, eating a healthy diet, and getting in some movement throughout your day to ensure you are keeping your mental and physical health on track.

- **Soak in the sun.** It is easy to feel down when the winter months limit the amount of sunlight we receive. Get out in the sun for a few minutes each day – even when it is chilly – to take a walk, drink your morning cup of coffee, or simply stand and take a few deep breaths. You can also use bright lights throughout

the day to mimic sunshine.

- **Limit alcohol.** It is easy to fall into using alcohol for comfort during the holiday season. It may sound like an appealing way to escape the feelings of depression or anxiety, but it can typically make symptoms worse. Turn to a healthier habit to give you the same warm feeling such as drinking hot cocoa or tea with a friend, sharing a sweet treat with a loved one, or making a mocktail with seltzer water or ginger ale and juice.

Feeling like you or a loved one would benefit by talking to someone? Connect with Catholic Charities behavioral health team by calling 1-877-448-4466.

AAA offers winter driving advice

By AAA of Western and Central New York

Winter weather is in the forecast, and AAA has tips to keep everyone safe on the roads. About 46% of crashes involving bad weather take place in the winter, making this the worst time of year for driving in treacherous conditions.

AAA's top three winter driving tips include:

- √ Slowing down;
- √ Increasing space between yourself and other vehicles; and
- √ Braking, then turning.

Additional important notes: If you go off the road, remain calm, and stay in your car with your seat belt on. If you are in an emergency situation, call 911. If you get stranded in your car, only exit the vehicle to clear the tailpipe of deep snow to ensure proper ventilation, then return to the car, put your seat belt on, and keep your window cracked open a bit until help arrives.

Tips for driving in the snow

- **Accelerate and decelerate slowly.** Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry. Remember: It takes longer to slow down on icy roads.

- **Increase following distances.** The normal dry pavement following distance of three to four seconds should be increased to eight to 10 seconds. This increased margin of safety will provide the longer distance needed if you have to stop.

- **Know your brakes.** Whether you have antilock brakes or not, the best way to stop is threshold braking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.

- **Don't power up hills.** Applying extra gas on snow-covered roads may only result in spinning your

wheels. Try to get a little inertia going before you reach the hill, and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill as slowly as possible.

- **Don't stop going up a hill.** It's difficult to move up a hill on an icy road. If possible, get your vehicle moving on a flat roadway first before taking on a hill.

- **If possible, stay home.** If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can.

Winter driving: What NOT to do

Don't continue at the same speed you would be traveling in clear, dry conditions

- **Rain, snow and ice can dramatically reduce your tire traction**

- **Drivers should slow down to regain the traction that is lost due to the weather**

Do not brake and turn at the same time or be rough with your steering/braking

- **Asking your vehicle to do two things at a time makes it more likely that your tires will lose traction**

- **Brake first, then turn, then accelerate.**

- **If you're not gentle with steering, acceleration and braking, your vehicle's balance can be negatively affected, increasing the chance of experiencing a skid.**

- **Always steer, accelerate and brake smoothly.**

- **Slamming on the brakes can make the skid even worse.**

- **If skidding, continue to look and steer the vehicle in the direction you want to go.**

- **Don't follow behind other vehicles as closely as you would when driving in clear, dry conditions**

- **Slick roads means your vehicle cannot slow down as quickly.**

- **Increase following distances to a minimum of 5-6 seconds.**

- **Always keep open space to at least one side of your vehicle, in case you need make an emergency lane change maneuver.**

What to do if you get stuck

- **Clear a path in front of your wheels for several feet by driving forward and backward or shoveling.**

- **With your wheels pointed straight to minimize rolling resistance, shift to "drive" (or second gear for manual transmissions) and apply gentle pressure to the accelerator, without spinning the wheels. If you let the wheels spin, you will only dig deeper into the snow.**

- **If you need more traction, use traction mats, kitty litter, or one of the abrasive materials that you included in your emergency winter driving kit. Do not let anyone stand directly ahead or behind the drive wheels.**

- **If you are still stuck, rock your vehicle out of the rut by applying the accelerator slowly in low gear, releasing when you stop moving forward, and re-applying when you stop rolling backward. Repeat in rapid succession using minimum power to avoid spinning wheels.**

- **Try to avoid driving when visibility is poor. If you must drive, keep your speed low, use your low-beam headlights, and pull off to a safe spot if conditions worsen.**

Grand Island CHURCH DIRECTORY

ST. TIMOTHY LUTHERAN CHURCH

The Evangelical Lutheran Church In America
1453 Staley Road, Church Office 716-773-4400

Pastor Adam Arends

Child Care Center 716-773-9249

www.StTimothygrandisland.com

All are welcome to join us for our

Services:

9:30 AM indoor every Sunday

Breakfast with Santa on Dec. 21 (presale only)
Christmas Eve Service at 4 p.m.

BIBLE PRESBYTERIAN CHURCH

1650 Love Road (Just off Beaver Island Pkwy.)
716-773-7303

Pastor: Rev. Kevin M. Backus, Ph. D.

Assistant Pastor:

Rev. David Joonkyung Chi, M.Div.

www.biblepres.org

Sunday School-Classes for all ages 9:30am

Worship Service 10:45am

(Nursery, Children's Church)

Evening Worship Service 6:00pm

Wednesday

AWANA - 3 yrs old thru Gr 8 during school year.....

6:30pm-8:15pm

24/7 program for Sr. High youth.6:30pm-8:15pm

Bible Study & Prayer Meeting 7:00pm

BIBLE FELLOWSHIP CENTER

1136 Baseline Road • 716-773-3748

Rev. Calvin VanderMey

www.bfcgi.org

Regular Service at Bible Fellowship.....8:30 & 10:15am

Ladies Bible Study - Wednesdays.....10:00am

Prayer and Bible Study - Wednesdays6:30pm

Precept Bible Study - Thursdays 8:15am



SHARE YOUR MESSAGE IN
OUR CHURCH DIRECTORY
CALL 716-773-7676

CROSSRIVER TABERNACLE

2920 Grand Island Blvd.

Pastor: Michael Chorey

CrossRiverMinistries.org

716-229-8000

Facebook Services: CrossRiver Tabernacle

Sunday Morning Worship Service..... 10:00am

(Nursery and Children's Church Provided)

Sunday Evening Service 6:30pm

Wednesday Bible Study7-8:30pm

Saturday "The Last Trump" WDCX 99.5.. 8:30-9:30pm

Saturday "Cross Eyed Radio" WDCX 99.5.. 9:30-10:30pm

TRINITY CHURCH GRAND ISLAND

"Welcome Home"

2100 Whitehaven Road, Grand Island, NY

www.TrinityGrandIsland.org • 716-773-3322

Pastor: Kevin Slough

Join us in Worship

Informal Worship Sundays at 8am

Worship Sundays at 10am

Online Worship www.trinitygrandisland.org

Branches Youth Groups*

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*Please go to our website for details...

www.TrinityGrandIsland.org

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