

# SAND RUN PHARMACY

December 2022

## Handling Stress During the Holiday Season

The holiday season is a special time of the year spent with friends and family. But while preparing for those special gatherings, stress levels tend to increase. Whether it's hosting the party, traveling across the country, or an increased spending allowance, stress always seems to find a way to make itself known. Although stress can be very damaging on both mental and physical health, there are some key strategies you can try at home to help lower your stress.

### 1. EXERCISE

Getting active has been shown to have numerous health benefits, including reducing stress. Exercise allows the body to release hormones called 'endorphins', which help improve mood. Exercise also doesn't have to be a full body intensive workout, it can be as simple as walking around the neighborhood, doing some quick jumping jacks, or even simple stretching.

### 2. ORGANIZE

One of the best ways to manage stress from a busy schedule is to sit down and organize your thoughts. Making a to-do list can help focus on everything that needs to be done. It allows you to see your busy schedule as one task at a time. It helps with time management and gives you a feeling of accomplishment crossing off all your completed tasks.

### 3. BREATHE

Take some deep breaths. Slowing down and focusing on breathing will help slow your heart rate, relax your muscles, and calm your mind.

### 4. TAKE TIME OUT

Once you start to notice stress take over, take some time to focus on yourself. Spend some time doing something you enjoy like listening to music, reading a book, or even talking to a close friend or family member.

### 5. MEDITATE

Meditation has been scientifically proven to help reduce and manage stress, as well as help promote a state of mental wellbeing. You also don't need to take a big chunk of time out of your day to do it, sometimes just a quick 2 minutes is enough to help gather yourself and your thoughts.

By using some of these strategies, hopefully you can reduce your stress and focus on the things that really matter during the holiday season.

*Flu season is still here! Come in today to get your yearly flu shot! No appointment necessary!*





## Turiva

Any additional boost you can give your immune system is always appreciated, especially at this time of the year. Ortho Molecular's Turiva is a natural supplement that is available over the counter. Made from turmeric root, Turiva has been formulated to help support your body's immune system. It has a potent antioxidant effect, which can help protect your cells in your body from harmful oxidation processes. Turiva also helps the body maintain a natural inflammatory response and prevents any unnecessary inflammation in the body. Not only does Turiva maintain a balanced immune system, but it also supports your gut health by promoting a healthy microbiome in your gut. If you're looking for something to keep you healthy and active this winter, ask our team about Turiva and if it could be right for you!

## Holiday Cards & Stocking Stuffers



## WINTER WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | P | S | S | I | E | A | E | L | S | B | E | C | C |
| O | E | S | F | I | R | E | P | L | A | C | E | O | N |
| O | E | T | A | K | S | S | E | D | I | O | T | C | Z |
| B | C | D | L | N | F | L | S | R | I | A | R | O | E |
| L | S | T | O | O | B | C | S | A | I | D | O | A | P |
| I | T | E | V | D | A | A | N | Z | S | L | C | L | R |
| S | O | N | L | R | F | R | O | Z | E | N | S | R | E |
| T | Z | N | F | S | S | I | I | I | I | L | S | A | C |
| N | T | I | N | I | C | I | C | L | E | S | L | C | I |
| R | E | T | N | I | W | S | O | B | R | T | N | S | D |
| L | E | S | T | N | E | S | E | R | P | E | L | L | S |
| L | E | V | O | H | S | S | O | L | D | D | E | L | S |
| F | E | B | H | O | L | I | D | A | Y | S | T | R | Z |
| O | S | N | O | W | E | E | O | T | B | D | O | Y | A |

Sand Run Pharmacy has a large selection of boxed Papyrus holiday cards and individual holiday greeting cards! We also have an assortment of Waggoner's boxed chocolates for all of your holiday get togethers. Stop in anytime to check out all the festive choices we have to offer!



*Wishing you warm, safe and*  
**Happy Holidays**

### WORD BANK

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|----------|-----------|
| BOOTS    | SLED      |
| ICICLES  | SHOVEL    |
| SCARF    | FIREPLACE |
| COAL     | FROZEN    |
| WINTER   | PRESENTS  |
| HOLIDAYS | ICE       |
| SNOW     | BLIZZARD  |
| SKATE    |           |

**First person to return a completed word search, will receive a Papyrus Holiday card of your choice!**

### HOLIDAY HOURS

- Saturday, Dec 24<sup>th</sup>: 9am – 2pm  
 Sunday, Dec 25<sup>th</sup>: **CLOSED**  
 Monday, Dec 26<sup>th</sup>: **CLOSED**
- Saturday, Dec 31<sup>st</sup>: 9am – 2pm  
 Sunday, Jan 1<sup>st</sup>: **CLOSED**  
 Monday, Jan 2<sup>nd</sup>: **CLOSED**

