

Welcome to 'It's A Matter of Mind'. I'm Dr. Deb Hoffman, a clinical psychologist and total wellness guru. Did you know that healthy living helps decrease your risk for chronic illnesses? Sounds pretty obvious, but our society is at an all time high for preventable illness such as high blood pressure, heart disease, Type II diabetes, anxiety, and even dementia. The key is PREVENTION! As a member of the American Psychological Association's Mind/Body Health public education campaign, I'm joining our Y Community to offer resources for healthy living. These two national organizations are working together to provide tips and strategies that will help you improve your overall health and well-being. It's often easy to focus only on our physical health and overlook our mental health, but the mind matters. Our mind is an essential player in maintaining optimal health. How we think, feel, and act directs how we live. By increasing positive and decreasing negative thoughts and behaviors, we can help prevent much of the chronic health problems we see today. This corner is aimed at providing tools and tips to help you better understand how to increase self-care, maintain life balance, and support your families and loved ones. Through this forum I hope to assist you and your loved ones in taking positive steps toward living healthy.

With the holidays upon us, heightened stress can lead to unhealthy stress management behaviors, such as over-eating, drinking, and spending. We tend to manage stress in ways that are familiar to us. Familiarity can bring a sense of comfort, but may not be good for our health. Here are a few tips to keep stress down during this busy time.

1. Set reasonable goals for your time. It's easy to overextend yourself during the holidays and burn the candle at both ends. Create a schedule of activities and plan your time realistically. Build in down time to allow yourself to recharge. A relaxing Chair Massage at the Y is a great way to revitalize!
2. To avoid post-holiday financial woes, make a budget, write it down and stick to it. Set spending limits with family and friends. Be honest about money with your children whose wish lists are outside the family budget. Take this opportunity to teach the value of money and responsible spending.
3. Avoid bringing an excess of holiday sweets into your home. Consider them treasured treats to eat sparingly and relish each bite. Remember keep moving – walk, run, jump, dance... to keep your metabolism revved up! The Y has a number of activities to keep you moving and having fun!
4. Emphasize relationship building and remember the holidays are not about expensive gifts, but rather a time for creating cherished memories and valuing things that matter most.

I will also be holding educational seminars and interactive workshops aimed at helping members of our community live healthier lives. I'm excited to be a part of this great Y community and look forward to helping you live well and stay healthy! For more on living well go to drdebhoffman.com