



Winter Health Care

Winter is upon us and so is flu and cold season. Taking care of ourselves and our immune system is even more important this year as COVID-19 continues to impact our communities. This month we want to highlight these common winter ailments and share tips for staying healthy and well during the winter months.

How do I know if I have a cold or the flu?

Viruses cause both the common cold and the flu and some of the symptoms are the same. Cold symptoms may include sneezing, nasal congestion, cough, sore throat and a runny nose. The most common flu symptoms are fever, cough, and sore throat, but could also include fever, body aches, headache, chills, runny nose and fatigue. Also, the flu often comes on suddenly and more severely than a cold. Colds usually clear up in 7-10 days, while the flu may last 1 to 2 weeks.

How do you catch a cold or the flu?

Colds and the flu spread when an infected person sneezes or coughs. You can also get sick if you touch an infected surface (e.g., doorknob, countertop) and then touch your nose, mouth or eyes.

What are treatment options?

Because the flu and the common cold are caused by viruses, they are not treated with antibiotics. Over the counter medications can help ease many of the symptoms. Your physician may prescribe an antiviral to treat the flu. Fluids and rest are important in treating both the flu and a cold. If symptoms persist more than two weeks, consult with your physician.

What can I do to protect myself from the cold and flu?

- ◆ Get a flu shot.
- ◆ Wash your hands frequently.
- ◆ Wipe down surfaces with a sanitizing cleaner.
- ◆ Avoid (or limit contact) with anyone who is sick.
- ◆ Avoid touching your eyes, nose and mouth.
- ◆ Stay hydrated to flush toxins out of your system.
- ◆ Get enough sleep to keep your immune system strong.

~T. Anderson

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More Winter Health Tips

- ◆ Go outside for fresh air and sunshine.
- ◆ Eat nutritious foods (vegetables, fruit, lean meats and whole grains).
- ◆ Get a good night's rest (7-8 hours).
- ◆ Protect your skin (use lotion).
- ◆ Find ways to stay active.

Mental Health Matters ~ The Holiday Blues

This time of year – Thanksgiving through New Year's Day – is often referred to as the "happiest time of the year". While this is true for many, there are many others who suffer from what is commonly called the "holiday blues". With all that has occurred in 2020, the holiday blues are likely to be worse for those who typically experience it. It is also likely that more people will experience the holiday blues as a result of the losses caused by the pandemic — loss of loved ones and economic instability, as well as the disruptions of traditions and the ability to spend time with loved ones this holiday season.

What are the "holiday blues"?

The holiday blues are temporary feelings of anxiety or depression that occur as a result of things like sadness, loneliness, grief, self-reflection, financial stress, and unrealistic expectations associated with the holiday season. The holidays can also be a time of high emotion and demands that can lead to more stress as well as physical and emotional exhaustion.

Are the holiday blues the same as being depressed?

Some of the symptoms are the same, but the biggest difference is that the holiday blues are temporary and the feelings fade away after the holiday season. Depression occurs when feelings of extreme sadness or despair last for a longer period of time and interfere with activities of daily living. Clinical depression is often treated with counseling and medication.

Please keep reading for symptoms and tips for coping with the holiday blues.

Mental Health Matters continued

How do I know if what I'm feeling are the holiday blues?

Symptoms of the holiday blues include:

- Persistent sadness or feeling down
- Difficulty concentrating
- Feeling irritable or angry
- Exhaustion and fatigue
- A change in sleep pattern (sleeping a lot more or a lot less)
- Withdrawing from friends and family
- Difficulty doing normal activities
- Loss of interest in things you typically enjoy

What can I do to cope with the holiday blues?

Try these tips for handling the holiday blues this season:

- ⇒ Get enough sleep
- ⇒ Engage in physical activity (e.g., exercise, dancing, walking)
- ⇒ Don't isolate yourself
- ⇒ Get support if you are grieving loved ones
- ⇒ Set aside daily time for self-care
- ⇒ Learn to say "no". Do not take on more responsibilities than you can handle.
- ⇒ Be open to new traditions
- ⇒ Avoid overeating and excessive alcohol consumption
- ⇒ Give back (volunteer, community service)
- ⇒ Be realistic about what you can and cannot do
- ⇒ Reach out for help if needed (counselor, pastor, friend)

~T. Anderson

Understanding Kwanzaa

Kwanzaa was created in 1966 by Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach. The holiday begins on December 26th and ends on January 1st; it celebrates family, community and culture. During the holiday, families and communities organize activities around the Nguzo Saba (The Seven Principles). The principles as defined by Dr. Karenga are described below:

Umoja (Unity) - *To strive for and maintain unity in the family, community, nation and race.*



Kujichagulia (Self-Determination) - *To define, name, create, and speak for oneself.*

Ujima (Collective Work and Responsibility) - *To build and maintain our community together and make our brother's and sister's problems our problems and to solve them together.*

Ujamaa (Cooperative Economics) - *To build and maintain our own stores, shops and other businesses and to profit from them together.*

Nia (Purpose) - *To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.*

Kuumba (Creativity) - *To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.*

Imani (Faith) - *To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.*



Season's Greetings from the CFR

2020 has been a challenging year in many ways. Like so many others, we have had to make adjustments and find new ways to carry on with our work this year. We are so grateful to all of our participants and staff who have adjusted with us. We so appreciate your continued participation in and support of the Center's research projects and initiatives and we look forward to continuing our work with you in the new year. We wish all of you a holiday season that is full of beauty, peace, love and joy. Enjoy the season and stay safe. We'll see you in 2021!

Thank you for taking time to read the CFR News! Visit <https://cfr.uga.edu/for-families-home/> to read previous editions.