

Building Healthy Connections Newsletter December 2024

Happy Holidays from Shared Vision!



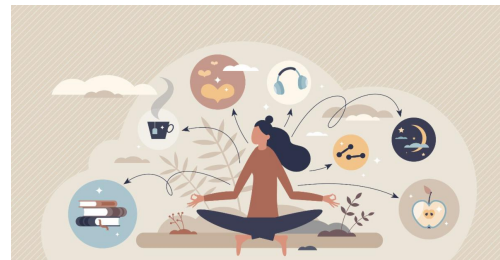
As 2024 comes to a close, our clinical team and staff at Shared Vision would like to extend our heartfelt wishes to you and your family for a joyful and healthy holiday season, and a wonderful New Year ahead!

Tips for Managing Stress During the Holidays

The holiday season can often bring about stress or anxiety, so our clinical team has put together some helpful tips for managing stress during this time of year:

1. As much as possible, keep your exercise, sleep and other self-care routines consistent during the holidays

Giving up one or more of your routines to save time might lower your overwhelm in the moment, but can lead to heightened anxiety in the long run.



2. Remember it's okay to take a break from festivities

Take a break, walk the dog, offer to help: Whether you are hosting a party or attending one, it can be less stressful for some to help clear and wash dishes than making small talk after a meal. Taking a quick break by stepping outside can often be a great reset to lower anxiety.

3. Keep your body hydrated

Caffeine and alcohol can also increase stress, tension, and anxiety. Managing your intake of these and increasing your intake of water can reduce the physical/emotional symptoms of stress.



4. Say "no" when you need to

Remember it's okay to decline an event or say no to adding more to your to-do list.

5. Listen to music

Whatever you are celebrating, turn off the tv at times and play your music or sing. It's good for your soul and your brain.



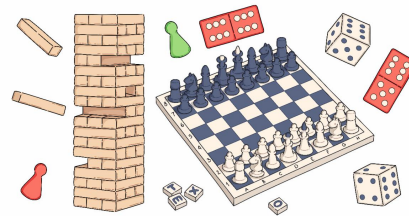
Click here to learn more about how music affects your brain.

6. Embrace the season

Create some restful routines and traditions with family or friends to honor the transition into winter. Try to spend time in nature when you can.

7. Strengthen connections through play

Playing games with friends or family can be an easy way to promote laughter and lower stress.



Important Insurance Reminder for 2025

The start of the new year can often bring new insurance policies, plans, HSA cards and/or changes to your deductible. We ask that you notify our office as soon as possible if your coverage has changed in any way so that we can keep your billing information up to date.

If you have a client portal account, you can update your insurance information anytime by submitting a new "Client Insurance Form" listed under "Always Available" in the "Documents" tab. You can also update your payment method anytime by submitting a new "Payment Authorization Form" listed in the same section.



Questions? Feel welcome to contact our billing specialist, Dorothy Fees, at **630-571-5750 x. 236** or via email at **dfees@sharedvision.org**.

Other Services We Offer

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- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
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