

U and Universal

The Holiday season is here! The Holidays can be exciting but can also be stressful. Here are some tips to hopefully help with getting through the holidays with a little less stress:

- *keep a positive, realistic attitude. Accept that although you can't control certain things, you're in charge of how you respond.
- * Learn and practice relaxation techniques (breathing exercises, yoga, etc.)
- * Exercise regularly
- * Eat as healthy as possible (when stressed, people tend to go for unhealthy foods)
- * Try to manage your time wisely
- * Make time for hobbies and interests
- * Get enough rest and sleep
- * Keep in mind that the people we provide services to have their routines interrupted during the holidays. This can lead to stress for them. Watch for signs that they may be experiencing stress: Headaches, change in appetite, upset stomach, muscle tension, weigh gain or loss can all be signs. Other symptoms of stress can be found at WebMD.

Did You Know?

Universal has an early intervention program.

- *The EI program in the East is lead by Tonya Venable
- * The EI program in the West is lead by Amber Anderson
- * The services are designed for infants and toddlers ages birth through 3
- * Qualified educators work on goals to improve: social, emotional, fine and gross motor skills
- * The service promotes the development of the child and builds on family strengths.

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