

Health and Wellness News from MidCaN



“The joy of brightening other lives becomes for us the magic of the holidays.” — W.C. Jones

Season of Joy

In the midst of pandemic and stressful times, it's hard to think about celebrating, even when there's genuine reason to.

No one wants to seem insensitive when millions have lost their jobs or are sick with a deadly disease.

Life still has season's of joy; birthdays, graduations, and luckily for us neonatologist's - babies being born everyday.

Taking the time to celebrate this season of joy with family during an otherwise dire time can be an act of self-care.

Wellness

Staying physically and emotionally healthy during restrictions is a challenge.

It can be difficult to resist the siren call of couch, Cheez-Its and cabernet, faced with worries about money, illness and whether your 3-year-old will ever learn social skills.

Over the last few month's our MidCaN wellness group has come up with a few tips to help you prioritize wellness under trying circumstances.

Hope we continue to support each other during these times and have time to celebrate the season of joy.

Start with realistic expectations. A pandemic lock down is not a sabbatical to finish your novel, or a monastic retreat to find enlightenment, or a visit to the spa so you can retool your diet and get into shape.

And it's certainly not a guarantee you'll get anything done around the house; after all, you and the rest of your household will be living there more of the time creating more of a mess. It's perfectly fine not to be productive in any way. “Start with compassion for yourself,” says productivity expert Racheal Cook for Washington Post.



Cultivate the right attitude

Although a positive mind-set can be a valuable coping skill, experts caution against going overboard. Such an approach – known as “toxic positivity” – can be harmful to yourself or others. Research has shown that accepting negative emotions is more beneficial to mental health than avoiding or dismissing them. So, next time you find yourself wanting to tell someone to “look on the bright side,” try instead to acknowledge their pain and ask what would be helpful.

This doesn't mean you can't be positive, clinical health psychologist Natalie Dattilo told post reporter Allyson Chiu. “It's okay to have a positive and optimistic outlook and feel sad at the same time,” she said. “Both of those are necessary for a healthy outlook and sense of well-being.” Put healthy, anxiety-reducing practices into play. Now is the time to try to ease anxiety by maintaining a consistent and routine self care.

Holiday reading

Although you may be hard pressed to find a copy this holiday season, may we suggest you consider a stroll through the pages of:

The Boy, the mole, the fox, and the Horse by Charlie Mackesy.



Here is a review from the New York Times.

<https://www.washingtonpost.com/lifestyle/2020/12/02/restrictions-covid-lockdown-help-advice/?arc404=true#wellness>

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Mid Career Neonatologists

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