

November 2022 Newsletter



9 Tips to Prioritize Your Mental Health During the Holidays

During the holiday season, there can be many different mental health triggers. Here are some tips that can be used to make sure that you have a healthy and lively holiday season:

1. **Set Boundaries:** It is important to be upfront about what you can and cannot do. Telling someone that you are unable to do something is not only healthy for you, but also for your relationship with that person.
2. **Create a plan:** Spreadsheets and calendars are your friend! Dividing tasks into categories can help keep you organized.
3. **Face Your Feelings:** Check in with yourself when it comes to how you feel. This way, you can be aware of what causes you stress and how to avoid it.
4. **Exercise regularly:** Exercise is good for your physical AND mental health. It reduces holiday stress!
5. **Create a Budget:** Overspending can be common during the holidays. Creating a budget can be the key to holding yourself accountable.
6. **Stay Social:** Isolation can cause loneliness and frustration. Maintaining relationships with the people in your life alleviate potential holiday depression.
7. **Practice Meditation:** Practicing yoga or other forms of meditation for 30 minutes a day during the holidays can relieve tension that you may feel.
8. **Avoid Drama:** Healthy coping techniques can give you the tools to deal with difficult taxing family members during the holiday season.
9. **Say No:** It is ok to turn down invitations to holiday gatherings. Do not overexert yourself!

Holiday Safety Tips

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey, and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay three feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in a room with a lit candle.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Make sure your smoke alarms are working. Test them by pushing the test button.



Community Resources

- Nov. 18th - Baby Essentials Giveaway/2pm/ 2835 Virginia Ave.

Food Resources:

- Every Thursday - Free Fresh Food Boxes/ 12pm - 6pm/ 3811 Park Heights Ave.
- Nov. 4th - Food Pantry/ 2pm/5011 Arbutus Ave
- Nov. 18th -19th/ Thanksgiving Meals/ 11am- 2pm/ 715 Ingleside Ave.
- Nov. 23rd - Thanksgiving Dinner & Resource Fair/ 11:45am - 2:45pm/ 1 W. Pratt St. (Baltimore Convention Center)

Hiring Events:

- Nov. 17 - Holiday Career & Resource Fair/ 10am - 2pm/ 101 N. Gay St.
- Nov. 29 - Horseshoe Hiring Event/ 10am - 7pm/ 1525 Russell St.

WHAT IS NITAZENE (ISOTONITAZENE/ISO)?



Recently, a relatively new synthetic opioid called isotonitazene began causing overdoses around the country. Isotonitazene, more commonly referred to as nitazene or ISO, is a synthetic opioid that has recently entered the unregulated drug market in the United States. Nitazenes are a subcategory of opioids, known as benzimidazole-opioids, which are all synthetic and incredibly powerful. While they were created decades ago as a potential pain reliever, they never received approval for medicinal use in America.

FEATURED ARTICLES

- <https://www.marylandrecovery.com/blog/nitazene-isotonitazene-iso>
- <https://www.alliancehealth.com/healthy-living/mental-health-during-the-holidays/>
- <https://www.nfpa.org/Public-Education/Fire-causes-and-risks/Seasonal-fire-causes/Thanksgiving>