

DECEMBER 2017 Merry Christmas

HEALTH & WELLBEING

Visit us at : <http://www.afblakemore.com/staff-zone/health->



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1 DEC National Anger Awareness Week 	2 AFB Children's Christmas Party 	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Christmas Day 	26 	27 	28 	29	30	31

How to have a stress free Christmas

Christmas is a time for merry-making and family get-togethers, but it can have its pressures too. The family is stuck in the house, the kids are overexcited, there's the tree to decorate, presents to buy and wrap, and food to cook...

It's no wonder the festive feeling can fizzle out. There is evidence that Christmas puts a strain on families. Statistics show that January is the busiest month for divorce lawyers.

Make sure this Christmas doesn't become a day to remember for all the wrong reasons.

- * If there have been any family rows during the year, resolve them. Tell the people you argued with that you're looking forward to seeing them. Ask if you can get together before Christmas to talk about whatever problem you had.
- * Plan the day and share out the jobs that need to be done. Don't slave away for hours on your own and feel like people have taken advantage of you.
- * Discuss your plans with others, including any children who will be there, so that you can listen to their ideas and wishes for the day. Then you can come up with a celebration which includes things that please everyone.
- * Don't drink too much. Drinking excessively is never a good idea.
- * Have a timetable for Christmas Day so that you don't all sit around for hours doing nothing.

For further advice, help or support please visit the Retail Trust Help

www.retailtrust.org.uk/ Or call the Freephone number 0808 801 0808 to speak to an advisor.



DON'T DRINK AND DRIVE

The law

There are strict alcohol limits for UK drivers: In England, Wales and Northern Ireland, the legal alcohol limit for drivers is:

- 35 microgrammes of alcohol per 100 millilitres of breath
- 80 milligrammes of alcohol in 100 millilitres of blood
- 107 milligrammes of alcohol per 100 millilitres of urine

The consequences

There are strict penalties if you are convicted of drink driving, including:

- A minimum 12 month driving ban
- A criminal record
- A hefty fine
- Up to 6 months in prison / An endorsement on your licence for 11 years

Christmas HEALTH TIPS

HIGHBLOOD OR HYPERTENSION
The most common among the diseases of the cardiovascular system. It is also one of the major risk factors in the development of stroke. The kidneys are also involved in the control of blood pressure.

<p>CAUSES/ RISK FACTORS</p> <ul style="list-style-type: none"> • Increasing age (above 40 years old for males; menopausal age for female) • Smoking • Overweight • Chronic stress • Heavy alcohol consumption • High serum cholesterol level • Family history of heart disease, diabetes, and kidney disease 	<p>SIGNS AND SYMPTOMS</p> <ul style="list-style-type: none"> • Often has no symptoms (also called a "silent killer") • Some people may develop the following: <ul style="list-style-type: none"> • Headache • Dizziness • Blurred vision • Nausea and vomiting • Chest pain and shortness of breath • Chronic high blood pressure may cause: <ul style="list-style-type: none"> • Heart attack; • Heart failure; • Stroke or transient ischemic attack (TIA); • Kidney failure; • Eye damage with progressive vision loss; • Leg pain with walking (claudication) due to peripheral arterial disease; and • Aneurysms.
<p>PREVENTION</p> <ul style="list-style-type: none"> • Drink alcohol in moderation. • Don't smoke. • As much as possible eat nutritious, low salt, low fat diet food! • Watch what you eat and control your food intake. • Find time to exercise. 	<p>TREATMENT</p> <ul style="list-style-type: none"> • Anti-hypertensive medications to control and maintain blood pressure are given.

A friendly tips this Christmas season from:

Source: Department of Health (DOH) @cebugovph #paskosakapitoyo