



# TULIP SAFETY NEWSLETTER

December 2023 

## MESSAGE FROM HOME INSTEAD OFFICE:

*Hello, Home Instead Family! Happy Holidays! Although the holiday season for most is very fun and festive, for others it maybe stressful and even depressing. Because of this we want to focus this month's safety topic on mental health. As Care professionals, we understand that at times situations can become very taxing on one's emotions, especially if your client has behavioral issues or cognition issues. We strive to make sure all our employees are maintaining their mental help and seek help/resources when they need it. Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, act, make choices, and relate to others. Mental health is essential to your overall health and quality of life.*

**When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.**

- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises.
- **Practice gratitude.** Remind yourself daily of things you are grateful for.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to your friends or family members who can provide emotional support and practical help.



## SAFETY SPOTLIGHT:

This Month's Safety Spotlight goes to **Carrie Hernandez**. Carrie had been assisting a client while the client's main caregiver was on vacation. While at the client's home, Carrie started identifying a lot of health hazards that were overlooked by the previous caregiver. Carrie contacted the office right away and let them know that the client's home was not up to Home Instead's Safety Standards. The client's home was quickly cleaned and sanitized to ensure health and safety.

