TAKING CHARGE of your asthma

Grain your peak flow meter for a better grip on asthma.

For most people, stress is a part of life. We feel it, complain about it and do what we can to deal with it. But there comes a point when the stress becomes too much — and that’s when it’s time to learn to manage it.

When the stress becomes too much...

If you feel stressed all the time, it may be time to learn to manage it better. Here are some examples of external stressors:

- Major life events
- Discovering your health has declined
- Changes in your work or family
- Physical health problems
- Your home or neighborhood is unsafe
- Financial worries
- Being too busy

Can you identify some internal pressures and some outside ones?

Sometimes called “moving meditation,” tai chi’s graceful and precise movements can be adapted and performed in a sitting position. Tai Chi: A gentle way to move, meditate and de-stress

Researchers have studied the benefits of tai chi. They may include:

- Improved self-confidence
- Increased quality of life
- Improved strength, movement
- Improved balance and fall prevention
- Improved concentration and physical well-being
- Improved neuromuscular coordination

Tai chi is a mind-body exercise that was first used by Chinese monks to treat asthma and other conditions. Today, it’s popular with people of all ages and fitness levels.

The movements are performed very slowly and are not strenuous if done correctly. Like any activity, your muscles may be sore when you first begin.

The following recipe can help you de-stress.

Key facts about the flu vaccine

- Field studies have shown the flu vaccine is effective in older people, people with chronic conditions and children.
- After getting vaccinated, you and your family members will be less likely to contract the flu. But if you do get the flu, you’re likely to have a milder case. You also cannot contract the flu from the flu vaccine itself. You’ll have a milder case of the flu.
- The flu vaccine is available. Although it is best to get vaccinated in September or October, you can get vaccinated at almost any time during the flu season.
- Everyone 6 months old and older should get the flu vaccine, unless contraindicated.
- People over 65, pregnant women, children under 5, people with long-term conditions or people who live with or care for high-risk people should get the flu vaccine.
- The flu vaccine is free and is important for those at higher risk of getting the flu. It’s even more important for those at higher risk to get the vaccine.
- The flu vaccine may not protect everyone. It should not be used by anyone who has a severe allergy to eggs, is allergic to vaccine ingredients, has had a life-threatening allergic reaction to a flu vaccine in the past or has a weakened immune system.
- People who get the flu vaccine are less likely to get the flu. You and your family members are also less likely to get the flu if you don’t get vaccinated. People who get the flu vaccine are also less likely to get the flu if you don’t get vaccinated.
- The flu vaccine has been shown to be effective for up to 1 year. The flu vaccine is available. Although it is best to get vaccinated in September or October, you can get vaccinated at almost any time during the flu season.
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