Thanksgiving is a time to reflect upon our many blessings and be thankful. Having a positive attitude and being grateful will also help improve our health.

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”

Proverbs 17:22
Activities to lower your stress and lower you blood pressure.

1. **Simplify your schedule.** Review your calendar and your to do list, what activities take up your time? Are there changes you can make? Give yourself plenty of time to get things done. Learn to say “No”.

2. **Breath.** Make a conscious effort to slow down and breath deeply. This simple act can lower your stress level and help you to relax.

3. **Exercise.** Physical activity is a natural stress reducer. Make sure you have your health care providers approval before starting an exercise program. Include family and friends in your physical activity for added support.

4. **Adequate Sleep.** When you are sleep deprived it can be a cause of stress and may make situations appear worse than what it is.

5. **Be positive.** Resist the tendency to complain and be negative, this rarely solves anything. Look for solutions for the things you have control over. Learn to accept the things you have no control over. Express gratitude. Laugh.

6. **Triggers.** Know what stresses you and plan ahead how to avoid or minimize these triggers.

7. **Ask for help.** Do not be afraid to ask for help from family and friends.
Hello all! I’m Jamie Lee and “on paper” I am the Project Director for the Heart4Change grant. Like I said – on paper – as this grant is definitely a partnership – teamwork at its best! I have been a registered nurse for almost 35 years and have worked in the hospital, home health, school, and now public health for the past 11 ½ years. I have one son, Ben, who is 25 years old and lives in Elizabethtown. My husband & I have 2 dogs and 5 cats who let us live with them in Russell Springs. I love traveling, camping, hiking, reading, and any kind of crafts. I am so excited to be able to work with you and your church for the next 3 years. We hope this grant will help your congregation become healthier, build relationships within the church body, serve as an outreach ministry to bring more people into your church, and simply be a way for you all to love on your community. Hope to see you soon. 😊

If ye be willing and obedient, ye shall eat the good of the land. Isaiah 1:19
Freedom from Smoking

Mrs. Shirley Roberson-Daulton reports two will be graduating from FFS November 19. Mrs. Shirley says she is so proud of the graduates and their decision to be smoke free.

Walk across America

Only 1290 miles left to walk across America as of November 7. WooHoo!

What’s Next?

November 2018-Chair Exercises—starting Tuesday, November 13 at 10 am-11am for six weeks. Call 1-800-928-4416 EXT. 1166 to reserve your seat.

January 2018-Daniel Diet will be offered. For more information see Matt Loper or Ashley Neat. Will be meeting in small groups.

February 2019-Check, Change & Control will be offered. This is a 4 class series on managing your blood pressure from the American Heart Association

April 13, 2019-5K and biometric screenings.

Spring 2019-Biometric screenings will be available. With a finger stick you will be able to know your cholesterol levels and blood sugar. Stay tuned for more information and dates.