

# Well Now



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A Hall Ambulance Periodical Dedicated to Your Wellness, Well-Being, and the HAS Employee Experience

## Mental Wellness Resolutions



In the new year many people are making resolutions - typically focusing on physical health, saving money, or spending more time with family. One area that often gets overlooked is mental health. Taking care of mental well-being is just as important as improving physical health, especially since mental health impacts every aspect of life.

### *Prioritize Self-Compassion and Resilience Building*

One of the most important mental wellness goals for 2025 is to prioritize self-compassion (treating yourself with kindness when things don't go as planned) and resilience. In a culture that often celebrates hustle and perfection, it's easy to push yourself too hard, setting unrealistic expectations that only add to stress and anxiety. But research shows that self-compassion and resilience are critical factors in coping with stress and maintaining long-term mental well-being. Making room for self-compassion this year can be a transformative step toward building resilience and enhancing overall mental health.

### *Incorporate Social Connections into Your Mental Health Goals*

Social connection is one of the most important factors in mental wellness, yet it's often overlooked in favor of individual self-improvement goals. Physical isolation can lead to loneliness, but social isolation

is also strongly linked to mental health challenges like depression and anxiety. Meaningful relationships and community support can improve how satisfied you feel in your life on a day-to-day basis. This year, make it a goal to strengthen and nurture social connections, whether that means reconnecting with old friends, regularly scheduling family time, or joining social groups and clubs.

### *Monitor Progress and Adjust Mental Health Goals Throughout the Year*

Mental health goals require ongoing attention and flexibility. Unlike weight loss or fitness goals, mental wellness is a journey, not an endpoint. Regularly tracking progress is essential. By setting aside time to evaluate personal progress, it's easier to adjust your goals and make necessary changes to keep things on track. Research shows that regular goal check-ins increase the likelihood of long-term success.

Consider setting quarterly check-ins with yourself to assess your mental health goals and remember: mental health progress doesn't always follow a straight line, so it's important to be flexible and forgiving with yourself. Here's to a year of growth, balance, and emotional well-being in 2025.

(Adapted from: <https://www.blueprint.ai/blog/how-to-set-your-2025-mental-health-new-years-resolutions>)

## Stress Busters

Stress not only invades our minds, it impacts our bodies as well. Try these techniques that target both the mental and physical aspects of stress.

1. Start a compliments file – document the great things people say to you to read later.
2. Change up the way you make decisions – go with your heart.
3. Take a break and watch the clouds go by – what shapes do you see?
4. Take a different route to work.
5. Scratch off something on your “to do” list that you are (honestly) never going to do.
6. Oxygenate your whole system by taking three deep breaths through your nose and exhaling through your mouth.
7. Play your favorite song and dance!
8. Take five minutes to stretch each muscle – start at your toes and work your way up.
9. Find a quiet place and just sit – be still.
10. Get 15 minutes of sun, even if you have to bundle up.
11. Help someone – carry a bag, open a door, check on a neighbor.
12. Write out your thoughts – good, bad, happy, ugly. Get it out.
13. Spend an hour alone doing something that nourishes you – reading a book, practicing a hobby, etc.



## Do Something Different

OK, everybody. Here's the deal: I challenge you to do something new and different EACH WEEK of 2025! I will give you ten options each month – choose one a week! January = choose four!

1. Write a positive, handwritten note and leave it for someone each day.
2. Make someone a birthday cake.
3. Volunteer one day at an animal shelter, elderly care facility, or homeless shelter.
4. Practice meditating each day.
5. Print out photographs for your desk, office, or wallet.
6. Go to an outdoor event.
7. Research your ancestry and find your family crest – and print it out.
8. Offer amends, each day, to someone you have wronged.
9. Sincerely compliment a stranger, each day.
10. Smile at five people.



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## EMS Tips for Cold Weather Response

The weather is getting colder with each passing day. While cold and snow may be great for winter sports and holiday spirit, they make emergency responses more complex and potentially dangerous.

### 1. Your safety is number one

Always have cold-weather gear with you such as a small duffel bag with windproof/water-resistant pants, a thermal liner for your uniform coat, a sweatshirt, fleece hat/beanie, and heavy fleece gloves. A good pair of boots is critical to keeping your feet warm and dry.

### 2. Slow down

Reduce your speed and increase your following distance when driving any emergency vehicle on snow- and ice-covered roads. Decelerate first by removing your foot from the accelerator and then gently braking.

Make gentle steering corrections at speeds appropriate to conditions to minimize the chance of a rollover or skidding into oncoming traffic.

### 3. Move with purpose

Plan lifts down the front porch steps, over the snow/ice-covered sidewalk, and through the snow-filled driveway to the ambulance in the road before leaving the house. Move slower and more purposefully when walking on snow- and ice-covered surfaces. A simple trip or fall could at the least give you wet pants; at worst, it could cause you to drop or tip your patient.

### 4. Protect the patient

Use a blanket on the stretcher instead of a thin sheet below the patient and add an ex-



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tra blanket over the patient. Shape a sheet or blanket as a hood around the patient's head. Pull the hood over the patient's face if it is snowing or sleeting but tell the patient why you are temporarily covering their face and ask for their permission.

### 5. Set temperature for the patient

Adjust the thermostat in the ambulance's patient care compartment so it is uncomfortably warm for EMS providers. Patients compromised by injury, illness or age are rarely too warm.

### 6. Blast the heat en route to call

When you park the ambulance between calls, set the patient care compartment at its highest warmth and turn the fan to blast. When you roll to your next call, the patient care compartment and the equipment stored in it will begin warming to a more tolerable temperature for the patient.

(Adapted from: <https://www.ems1.com/ems-products/ambulances/articles/cold-weather-response-tips-for-ems-1iUznPjC5xtJ0e/>)

## JANUARY AWARENESS

Blood Donor Month (RED)  
Firefighter Cancer Awareness Month (FLAME PRINT)  
National Self-Care Month  
3: International Mind/Body Wellness Day  
9: National Law Enforcement Appreciation Day (THIN BLUE LINE)

## JANUARY COMMUNITY EVENTS

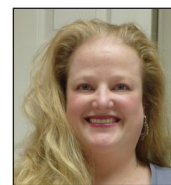
1-4: Holiday Lights @ CALM  
13: Cults & Classics – "Beverly Hills Cop" @ Fox Theatre  
18: Rio Bravo Rumble 5K/10K @ 15701 Hwy 178  
27: Cults & Classics – "Mad Max" @ Fox Theatre

## JANUARY FARMERS MARKETS

5, 12, 19, 26 (Sun): Haggin Oaks Hen's Roost Farmer's Market @ 8800 Ming Ave  
4, 11, 18, 25 (Sat): From the Farmhouse Farmer's Market @ 3201 'F' St.; Downtown Hen's Roost Farmer's Market @ 1916 'G' St.; Riverlakes Farmer's Market @ 3825 Riverlakes Drive

## The HR Spot

Happy New Year! Remember, benefits have reset for 2025. Have you used all of your FSA funds from last year? Contact HR with any questions.



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**Well Now**

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