

Well Now



February 2025 Vol. 5 No. 10

In this Issue

- Self-Esteem Boosters
- Stress Busters
- Do Something Different
- Relationship Wellness
- February Awareness & Events
- The HR Spot

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

Self-Esteem Boosters

February is International Boost Self Esteem Month! These 28 days provide a fresh opportunity to assess how we see ourselves and find ways to improve our perspective.

Out With the Negative

Our self-esteem is measured by how we feel about ourselves. After making a mistake or having a rough day, it's understandable to feel disappointed or disheartened. But focusing on one misstep or tough situation invites that negativity to become central to the way we view ourselves. Instead, acknowledge your faults and use them as teachable moments to learn and grow. Be kind and positive when you speak to yourself.

Be Your Own Example

With social media especially, it's easy to use the milestones of others to determine our own successes. Comparing ourselves to others can be detrimental and damaging to our well-being. Only one person is comparable to you – YOU! Using yourself as your barometer of achievement will truly show you how far you've come, the changes you've made, and all that you've accomplished to get where you are right now.

Find Your Circle of Positivity

What we surround ourselves with – our own thoughts included – affect our self-image. Research suggests that people with low self-esteem tend to seek attention in ways that invite others to react to or behave callously toward them. On the contrary, positive thoughts manifest positive vibes. Concentrate on thinking and saying pleasant things about yourself and that will permeate your mindset. Surround yourself with positive people and the happiness, encouragement, and inspiration they bring.

Get Up and Get Moving

Physical activity has many benefits. It can help build strength, reduce stress, and improve cognitive function. Exercising can also put you in a better mood by releasing



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endorphins that help curtail stress, reduce feelings of depression, and improve self-image. So, get up and get moving – and give your self-esteem a boost.

Be Proud of Yourself

Recognizing and celebrating your strengths helps build confidence, which generates self-esteem. Take note of your gifts, talents, and strong suits. Celebrate the things you do that make you happy or proud. When you start to notice and acknowledge the things you achieve – large and small – you'll gain confidence in your abilities and build your self-esteem.

(<https://www.calliinstitute.com/blog/2023/02/07/celebrate-self-esteem-month>)

Stress Busters

Is listening to music a solution to stress? Maybe! A recent study conducted at Minzu University of China found that listening to music can prevent anxiety- and depression-like behaviors in mice exposed to chronic mild unpredictable stress.

The experiment involved four groups of mice: one subjected to stress, another exposed to music, a third experiencing both stress and music, and a control group. The mice exposed to both stress and music displayed behavior like the unstressed control group, while those subjected only to stress exhibited elevated anxiety- and depression-like behaviors.

Biochemical analyses revealed that music reduced oxidative stress, inflammation, and neuronal death in the brain, while promoting new neuron growth and maintaining hormonal balance in the stressed mice. So go ahead – pump up the tunes!!!



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Do Something Different

I am challenging each of you to do something new and different EACH WEEK of 2025! Here are your ten options for February – choose four (one a week)!

1. Sign up for a local community class to learn something new.
2. Let go of the hurt someone has caused you.
3. Read a classic book or story.
4. Go to a museum, movie, or restaurant alone – enjoy your own company.
5. Bake cookies and share them at work or with friends and neighbors.
6. Go hiking for at least an hour.
7. Call someone you haven't spoken to in over three months.
8. Clear out your closet and donate anything you haven't worn in over a year.
9. Get your hair cut in a fresh style.
10. Watch a sunset or a sunrise – whichever one you don't normally see.

Relationship Wellness

One of the top complaints I hear in my practice is lack of understanding, or communication, between partners in relationships. Sometimes, communication may be going well, but then an argument or disagreement happens, and it all goes out the window. Considering Relationship Wellness Month, I'm sharing Dr. Nathan Cobb's "Rules for Fighting Fair," below.

RULE #1: NO DEGRADING LANGUAGE

Avoid name calling, insults, put-downs, or swearing. Putting your partner down or criticizing your partner's character shows disrespect for his or her dignity.

RULE #2: NO BLAMING

It's pointless and distracting to blame each other. It invites your spouse to be defensive and it escalates the argument.

RULE #3: NO YELLING

Yelling only escalates things. If you're mad and feel like yelling, then it's time to step away and cool down (see rule #9).

RULE #4: NO USE OF FORCE

Including actual (or the threat of) pushing, shoving, grabbing, hitting, punching, slapping, restraining, damaging property, and throwing/breaking things. Each of us has a right to be safe and free of abuse.

RULE #5: NO TALK OF DIVORCE

In the heat of an argument, threatening to leave the relationship is manipulative and hurtful. It makes the challenges in your relationship seem much bigger than they are.

RULE #6: DEFINE YOURSELF, NOT YOUR SPOUSE

Use words that describe how you feel, what you want, and what is important to you. Use "I" statements instead of "you" statements.

RULE #7: STAY IN THE PRESENT

Talk about what is going on today, not in the past. If you do find yourself mentioning issues from the past it is likely because those



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issues were never resolved in the first place. Keep your focus on what can be done today to resolve the issue at hand and go forward.

RULE #8: TAKE TURNS SPEAKING

Let one person speak at a time. When one speaks, the other should be listening—really listening, not just planning their rebuttal. Take turns speaking and listening so that you both have a chance to say what you need.

RULE #9: WHEN NECESSARY, USE TIME-OUTS

A time-out is a short break to cool off, calm down and get perspective; to be more reflective instead of reactive. Remember: No amount of talking will lead to problem-solving if you are not in a state of mind for solving problems.

(Adapted from: <http://www.nathancobb.com/fair-fighting-rules.html>)

FEBRUARY AWARENESS

American Heart Month (RED)
International Self-Esteem Month
Relationship Wellness Month
1-7: National Patient Recognition Week
7: Wear Red Day – Heart Health Awareness
9-15: Random Acts of Kindness Week
15: School Resource Officer Appreciation Day
17: Random Acts of Kindness Day
28: International Stand Up to Bullying Day (PINK)

FEBRUARY COMMUNITY EVENTS

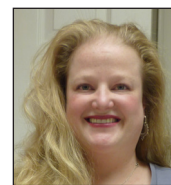
1: Craft and Vendor Show @ 4015 Scenic River Lane
10: Cults & Classics – "The Notebook" @ Fox Theatre
15: Bakersfield Coffee Run @ The Park at Riverwalk
18: World Ballet Company – "The Great Gatsby" @ Fox Theatre
22: Seven Oaks Block Party @ 4521 Buena Vista Road
24: Cults & Classics – "Harold and Maude" @ Fox Theatre

FEBRUARY FARMERS MARKETS

2, 9, 16, 23 (Sun): Haggin Oaks Hen's Roost Farmer's Market @ 8800 Ming Ave
1, 8, 15, 22 (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

Let's welcome EMT Academy Class #49! We're excited to see the next cohort begin their EMS careers. As we prepare for Academy #50 and start recruiting, please let HR know if you know someone interested in joining our team – you may be eligible for a referral bonus!



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WellNow is published monthly for Hall Ambulance employees and their families.