



Press Release
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Reeves Regional Health Shares Four Essential Tips for Health and Safety During the Holidays

Your well-being is critical to successfully enjoying the holiday season.

PECOS, Texas (Dec. 18, 2023) – Although the festive season brings great joy to numerous individuals, the multitude of events and activities can simultaneously increase stress levels. No matter how you celebrate the holidays this year, it is crucial to prioritize safety and maintain healthy habits.

“December is a crazy time of year for many, with parties, get-togethers, and whatnot,” says Brenda McKinney, CEO of RRH. “But it is so important that we all take a moment to listen to our bodies. By taking essential measures to protect our health and safety, everyone can enjoy the holiday season a lot more.”

To help Reeves County residents better navigate the holidays, McKinney shares some tips on managing stress, preventing accidents around your home, keeping diets top-of-mind, and maintaining your overall health.

Manage stress levels

To cope with holiday stress, make self-care a priority by allocating time for activities that bring joy and relaxation. Ensure an adequate amount of sleep and set realistic expectations, recognizing that perfection is not essential.

Establishing boundaries, learning to say no, and communicating your needs to loved ones can significantly reduce stress and anxiety during this time of year.

One crucial way to prioritize your needs is to balance socializing with alone time. Moreover, focusing on creating meaningful moments rather than perfection will go a long way in creating memories that last a lifetime.

By embracing simplicity and connection, you can navigate the holiday season with less stress and more enjoyment.

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Prevent accidents around the home

To prevent accidents around the house during the holidays, start by securing decorations and lights properly to avoid tripping hazards. Keep walkways clear of clutter, especially in high-traffic areas. If using a Christmas tree, ensure it is stable in its stand and away from heat sources to prevent fire hazards.

Candles should always remain out of reach of children and pets and never leave them unattended. If you have small children or pets, be cautious with tiny ornaments or decorations that could pose a choking hazard.

Additionally, use extension cords and electrical outlets safely, avoiding overloading circuits. These simple precautions can help create a festive and safe environment for everyone during the holiday season.

Keep diets top-of-mind

During the holidays, social gatherings, parties, and delectable cuisine abound. Making conscious choices is key when striving to uphold a healthy diet.

First, prioritize portion control by being mindful of serving sizes and savoring each bite. Choose nutrient-dense foods like fruits, vegetables, and lean proteins to balance indulgent treats. Stay hydrated to support overall well-being and help control appetite.

Planning can also be beneficial; consider eating a nutritious meal before attending holiday gatherings to reduce the temptation to overindulge. Additionally, listen to your body's hunger and fullness cues, and don't deprive yourself entirely—allow for occasional treats in moderation.

Lastly, incorporating physical activity into your routine can help offset holiday indulgences and contribute to a positive mindset. You can enjoy the festivities while prioritizing your health by making conscious choices and maintaining a balanced approach.

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Essential vaccinations

Getting a flu shot and a COVID-19 vaccine booster during the holidays is a proactive and responsible step to safeguard your health and the well-being of those around you.

The holiday season often involves increased social interactions, gatherings, and travel, creating an environment conducive to the spread of respiratory infections. By getting immunized, you protect yourself from potential severe illness and contribute to the collective effort to mitigate the transmission of flu and COVID-19. For adults 65+ an RSV and pneumonia shot should be considered as well.

Vaccinations become especially crucial during family gatherings where individuals of different ages and health statuses may be present. Vaccination is a gift of health and safety, providing an added layer of protection that can help ensure a joyous and worry-free holiday season for everyone.

“Your health and wellness are important. Not just during the holidays, but every day—year-round,” McKinney adds. “Dedicating time to prioritize your health and safety will ensure a more enjoyable holiday season.”

McKinney adds that the Reeves Regional Rural Health Clinic is open Monday through Friday and now on Saturday mornings for acute care. The emergency room at Reeves Regional Health is open 24/7 and staffed with a medical team to respond at a moment’s notice to virtually any medical emergency.

For more information about local healthcare programs and services or about vaccinations at Reeves Regional Rural Health Clinic, please visit www.reevesregional.com.

About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit www.reevesregional.com.

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