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## Rochester General Hospital Edition

### THE JOYS OF HOLIDAY STRESS

The holidays are infamously a time of both joy and stress. Unfortunately, for many it's more of the stress than the joy. In an effort to pull off a Hallmark holiday, you might find yourself overwhelmed with work, parties, shopping, baking, cleaning and caring for children and elderly parents. It has been well documented that cardiac mortality is higher around Christmas and New Year's Eve. If you'd like to read more about holiday stress and tips that can help you cope, please contact any Library staff member.

**Anonymous**, "Heart of the holidays. 'Tis the season for many things--thanksgiving, celebration, fellowship, and good cheer. Oh yes, and heart attacks. We offer 12 tips for a safer, healthier holiday season." *Harvard Heart Letter*, 16(4):4-5, 2005 Dec.

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**Cosentino BW.**, "Holiday stress? It's all relative." *Health & You*, 22(4): 6, 2006-2007 Winter.

**Davis C.**, "A financial hangover: Christmas may have come and gone, but last year's bills remain a headache for many nurses." *Nursing Standard*, 21(24):22-3, 2007 Feb 21.

**Kloner RA.**, "The 'Merry Christmas Coronary' and 'Happy New Year Heart Attack' phenomenon." *Circulation*, 110(25):3744-5, 2004 Dec 21.

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- ❖ **HAPPY HOLIDAYS!**



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