

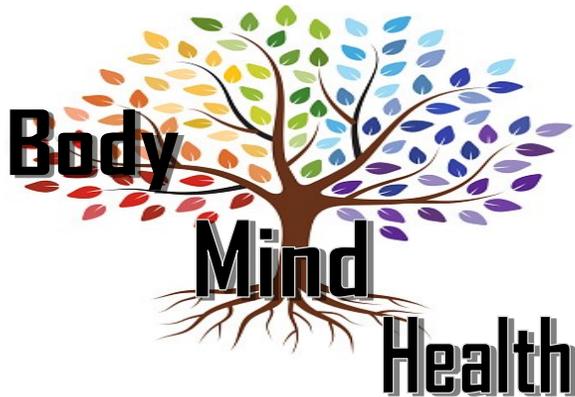
Seniors Newsletter

Puget Sound Fire



To build a trusted resource for building safe and healthy communities.

Spring 2021



What to Do with Intense Emotions

Today, a lot of things can trigger intense emotions. Politics, social distancing, signing up and getting a COVID vaccine and cultural topics often bring a wide variety of perspectives and discourse. What you choose to do with your strong emotions when they show up is what matters most, particularly where your health is concerned. Listed are some positive ways to manage your emotions, keeping your body, mind, and health in-check:

Get Moving

Moving your body is a simple way to release tension and shift your mindset. As you move, your body releases feel-good endorphins that help calm your emotions.

Stay Connected

Call a friend to check on them. They made need people to connect with as much as you. Discussing your feelings with a trained therapist or trusted friend can be helpful when you need to process or work through a complicated situation.

Write It Down

Because “therapeutic journaling” requires the use of both left brain and right brain functions, it is an effective way to process challenges and reduce the intensity of emotions.

Meditate

Research has shown that mindfulness-based stress reduction techniques, such as meditation, can be an effective coping strategy when it comes to regulating emotions.

Strengthen Your Resilience

Strong evidence suggest that resilient people are better at managing stress. Resilience is defined as the ability to adapt when faced with adversity.

Be Good to Yourself

Create a list of strategies you can lean on when times are tough. Eating well, exercising, getting enough sleep. When you’re good to yourself it helps manage stress.

Strengthen Your Circle

Supporting one another is so important. Be the one that reaches out to family and friends.

Be a Solution Finder

By refocusing your lens on solutions you will be able to find your way through challenging circumstances more easily.

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Give Yourself Space

Sometimes the best thing you can do when facing an overwhelming circumstance is to give yourself a "time out". Go for a walk, sit in silence, press the pause button. Giving yourself time and space can help to see the problem more clearly.

Discovering what helps you deal with intense motions is so very important. Listed below are some resources for getting and staying connected.

- **Kent Senior Center:**
(253) 856.5150
<https://www.kentwa.gov/residents/senior-activity-center>
- **Maple Valley Senior Center:**
(425) 432.1272
<https://www.maplevalleycc.org/health-wellness>
- **SeaTac Senior Center:**
(206) 973.4690
<https://www.seatacwa.gov/services/senior-program>
- **Emergency Food Access Resource:**
#1(800) 348.5464
<https://kingcounty.gov/depts/health/covid-19/support/emergency-food.aspx>

Testing/Vaccinations:

Puget Sound Fire is supporting Public Health by staffing testing/vaccination site in Auburn, supporting the Site in Kent, and providing mobile vaccination teams to help seniors access vaccinations.

- <https://www.doh.wa.gov/YouandYourFamily/Immunization/VaccineLocations>
- <https://kingcounty.gov/depts/health/covid-19/vaccine/distribution.aspx>

*Phone assistance available

If you need language interpretation or can't use the [online Phase Finder tool](#), the following hotlines are available:

1. WA State COVID-19 Assistance hotline: 1-800-525-0127 or 1-888-856-5816 (then press #), 6am – 10pm Monday, 6am – 6pm (Tuesday – Sunday)
2. King County COVID-19 Call Center: 206-477-3977, 8am-7pm

For language interpretation, say your preferred language when connected.



*Information and Studies taken from:

- Howard LeWine, MD, Chief Medical Editor, Harvard Health Publishing
- Lifestyle Intervention and Independence for Elders (LIFE) study.

Take A Walk Fall Prevention



As the weather gets warmer there's many health benefits for scheduling a walk in everyday including:

- More positive feelings
- Better social life
- Inexpensive
- May reduce depression and anxiety
- May help chronic pain
- Boosts stamina and energy
- Controls blood sugar more effectively

- Helps joint flexibility
- Improves coordination and balance
- Helps bone and muscle health
- Maintains weight
- Increases confidence
- **Leads to a healthier heart**

As you can see, it's advantageous to get into a regular walking schedule. Before you start your walking routine be sure to consult your doctor. And when you are ready to walk wear sturdy shoes, take your time when walking, and pay attention to uneven surfaces. Look ahead of your steps and not down at your feet.

Happy Walking!



Puget Sound Fire

How We Are Doing?



Take the online survey or give us a call @ #253.856.4300

Puget Sound Fire Survey



www.pugetsoundfire.org