

The Monthly InSTAllment

DECEMBER

December 2018

World AIDS Day 2018

World AIDS Day will be marking its 30th anniversary on December 1st. This year's theme is "Know your status".



Significant progress has been made since 1988, but **1 in 4 people living with HIV right now doesn't know it**. HIV testing is critical to expand treatment and ensure all people with HIV lead healthy and productive lives. Testing also empowers people to make choices about prevention to protect themselves and their loved ones from HIV.

To find out where you can go for free testing, call 1-800-CDC-INFO (232-4636), visit gettested.cdc.gov or locator.hiv.gov, or text your ZIP code to **KNOW IT** (566948).

Battling Holiday Blues? The darker days of winter and expectations that go along with the season can make people depressed. Being with family or coping with loss at this time of year adds to the stress — and it's exhausting when there's just way too much going on in your household. So how do you cope?



1. **Acknowledge your feelings.** Crying is ok. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** Look for events and activities that offer support and company. Volunteering to help others may lift your spirits.
3. **Be realistic.** The holidays don't have to be perfect or just like last year.
4. **Set aside differences.** Try to accept folks as they are, even if they don't live up to your hopes.
5. **Learn to say no.** Saying yes when you don't mean it can leave you feeling resentful and overwhelmed.
6. **Don't abandon healthy habits.** Avoid going overboard at parties. Get plenty of sleep. Workout/run/walk to reduce stress.
7. **Take a breather.** Spend just 15 minutes alone, without distractions to de-stress. Try clearing your mind and slowing your breathing. Stargaze. Read. Nap. Listen to music.
8. **Get help.** If you find you're really sad or constantly anxious, unable to sleep, or feeling hopeless day after day, call [1-800-273-8255](tel:1-800-273-8255) for free, confidential support. 24/7.

From our **Ask-It Basket:**

Q. How old does someone have to be to buy **Emergency Contraception (EC)?**

A. EC is effective in preventing pregnancy up to 5 days after unprotected sex and has been shown to be safe for **ALL** ages, so **ANYONE** can purchase most forms* over the counter without having to show an ID. Look for *Plan B One-Step*, *Take Action*, *Next Choice One-Dose*, *My Way*, or *Aftera* at your local retailer.

*ella (recommended for women >165lbs) is the only type of EC that currently requires a prescription — if you need it, one can be obtained online at <https://www.ella-kwikmed.com/>



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