

& 2024

observance



Health Month v 2024

Observance of Health Month v 2024

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Q: Tax prep tips?

A: Doing your taxes is probably one of your least favorite tasks. $\mu \dot{s} \dot{s} Z (\} o o \} \dot{A}] v P \ddot{Y} \% \bullet$
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2. Store all tax-related records ($\} \zeta e \dot{s} Z \zeta e \dot{s} \}$
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— Elizabeth Smoots, MD

Slow Down Racing Thoughts

Q Health effects of loneliness

By Eric Endlich, PhD

If you've experienced racing thoughts — feeling like your mind has sped up — you know they can make it difficult to calm down and focus. Racing thoughts can result from stress, anxiety, bipolar disorder and certain medical conditions, as well as caffeine or other substances.

Try a few of these strategies and see what works best for you:

- [Breathe slowly and deeply](#) Within minutes, you may feel more relaxed.
 - [Practice mindfulness](#).
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