



# Monthly Newsletter

November 2024 ✦



## Here's what has happened in the last month and what's to come!

As we transition into November, we enter a season of reflection, gratitude, and gathering. While the holidays bring joy, they can also add unique stresses, both physical and emotional. At West Eastern Health, we're here to support you with holistic mental health practices that honor the connection between mind, body, and spirit.

This month, we're focusing on how integrative approaches can bring calm, resilience, and renewal to your life, no matter the season's demands. From managing holiday stress to building immunity, cultivating gratitude, and honoring

men's mental health during Movember each article in this newsletter is designed to empower you with practical insights and tips.

As always, our dedicated team is here to help you create a personalized path to wellness. Whether it's a consultation with our specialists or exploring integrative resources, we invite you to take time for yourself this month. Join us in prioritizing mental and physical health as we approach the year's end, and prepare for a brighter, healthier new year ahead.

With Care,  
West Eastern Health

### In this newsletter you can expect:

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Tips for Mental Health during the Holidays

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Movember Awareness

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Science of Gratitude

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World Kindness Day

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Staff Highlight

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West Eastern Health News and Events

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## Managing Holiday Stress with Integrative Mental Health Practices

As the holiday season approaches, it's common for stress levels to rise. Between planning, social events, and last-minute shopping, it can all start to feel overwhelming. Integrative mental health offers a powerful approach to staying grounded during this busy time by weaving in stress-management techniques that support your well-being on multiple levels.

Practicing mindfulness for even a few minutes each day can significantly reduce stress, helping you reconnect with the present moment and foster a sense of calm.

Prioritizing quality sleep is another essential component; aim for seven to eight hours each night to recharge both your body and mind. Finally, carving out short “me time” breaks throughout the day allows you to recharge and return to your to-do list with a clearer mind. By considering all aspects of your mental health, integrative approaches make holiday stress more manageable, and West Eastern Health is here to guide you every step of the way.

Reach out to learn more about how personalized strategies can keep you centered this season.



## Breaking the Stigma and Getting Support

November, also known as “Movember,” highlights the importance of men’s mental health. Many men struggle with stress, depression, or anxiety, but societal pressures often discourage them from seeking help. Remember, mental health challenges are normal, and help is available.

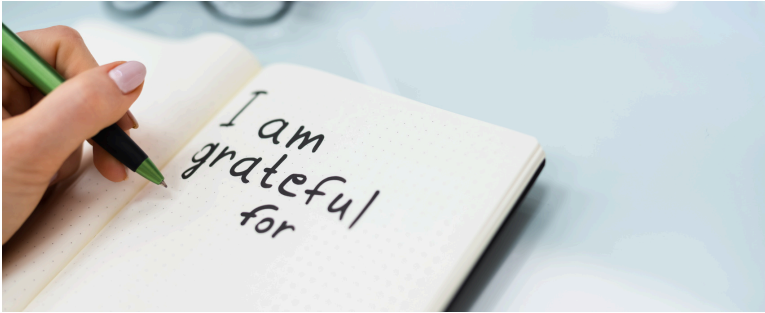
## Men’s Mental Health

- **Recognizing the Signs:** Common symptoms include irritability, sleep issues, and withdrawing from friends or family. Talking to someone about how you’re feeling is a powerful first step.
- **Reaching Out for Support:** Therapy, support groups, or even talking with a trusted friend can offer relief and perspective.
- **Integrative Health Approaches:** Practices like exercise, mindfulness, and healthy eating can support mental well-being. Finding the right approach makes a difference, so explore what feels right for you.

At West Eastern Health, we’re committed to breaking the stigma and offering men tools for mental wellness. Reach out to start a conversation with one of our compassionate team members today.

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# The Science of Gratitude



## How Thankfulness Boosts Mental Well-being

Practicing gratitude isn't just a feel-good trend—science shows it has real mental health benefits. With Thanksgiving approaching, it's the perfect time to build a gratitude habit and experience its impact on your well-being.

- **Why Gratitude Works:** Gratitude can improve mood, boost resilience, and even enhance relationships by helping you focus on the positive.
- **Start a Gratitude Journal:** Each day, write down three things you're thankful for. They don't have to be big—small moments like a sunny day or a nice conversation count!
- **Express It:** Share your gratitude with others, whether through a compliment, thank-you note, or a simple "thank you" in person. Acts of gratitude build connections and make us feel more fulfilled.

This Thanksgiving, give yourself the gift of gratitude, and experience how it enhances your mood and perspective. Learn more about the benefits of gratitude in our blog!



## The Power of Kindness: Acts that Boost Your Mental Health

November 13th is World Kindness Day! Practicing kindness has proven mental health benefits, such as increasing serotonin levels, which can reduce stress and improve mood. Simple acts of kindness, like complimenting someone or sending a thoughtful message, not only make others feel good but also boost your sense of connection and happiness. Kindness isn't only for others—being kind to yourself is equally important. Self-kindness means speaking to yourself with compassion, forgiving your mistakes, and honoring your own needs. This World Kindness Day, take the opportunity to be kind to others and yourself. Let's create a ripple of kindness that benefits us all.



## Boosting Your Immunity for Mental and Physical Wellness

As cold and flu season sets in, it's important to support your immune system for both mental and physical health. A strong immune system can also positively impact your mood and energy.

- **Prioritize Nutrient-Rich Foods:** Focus on fruits, vegetables, and foods rich in vitamins C and D.
- **Manage Stress Levels:** Chronic stress can weaken immunity, so consider incorporating stress-relieving practices like breathwork and meditation.
- **Stay Active:** Moderate exercise supports immune function and boosts endorphins, helping you feel energized.

Learn more about how integrative health approaches can support immune health and well-being at West Eastern Health.

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**Lena Russell**  
APRN, PMHNP-BC

We're thrilled to welcome Lena Russell, NP, to West Eastern Health! Lena joins us with a passion for holistic wellness and a deep dedication to integrative care. With her expertise in mental health and her commitment to supporting patients' whole-person well-being, Lena is a perfect addition to our team.

## Staff Highlight

She brings a unique blend of clinical knowledge and compassion, allowing her to create customized approaches that address each patient's unique journey to health. Her goal is to empower individuals to achieve balance, resilience, and renewed mental and physical health.

In addition to her mental health practice, Lena will be hosting Hatha yoga classes at our facility. These classes are an excellent opportunity for patients to explore gentle movement, mindfulness, and stress relief in a supportive environment. Lena's sessions are designed for all experience levels and provide a peaceful space to restore mind-body balance. We are excited for you to meet Lena and experience the warmth and expertise she brings to West Eastern Health.



## Event Recap: "Pink Out" Breast Cancer Awareness

On October 27, 2024, Lauren Marchefka proudly represented West Eastern Health at the impactful "Pink Out, Breast Cancer Awareness" event held at Jacksonville Chrysler Jeep Dodge Ram's Baymeadows location benefiting local non-profit "In The Pink".

This inspiring event brought together a vibrant community to raise awareness and support for breast cancer, with notable attendance from a few retired Jacksonville Roar members and many local advocates.

Throughout the day, attendees connected over shared experiences, stories of resilience, and the importance of early detection and comprehensive care. Lauren engaged with participants on behalf of West Eastern Health, sharing valuable insights on integrative health approaches and support services that help individuals and families through the challenges of cancer care.

West Eastern Health extends its heartfelt thanks to everyone who attended and supported this important cause, helping foster a community united in strength, hope, and health.



## We're Here for You This Holiday Season and Beyond

As the holiday season approaches, we know that, for many, this time of year can bring extra stress, anxiety, and emotional challenges. At West Eastern Health, our team is here to provide the support you need, whether you're navigating holiday demands or seeking guidance in the new year.

We're proud to be your trusted mental health resource here in Nocatee and the surrounding areas, dedicated to helping you find balance, healing, and resilience every step of the way.

We're also excited to announce our new Comprehensive Integrative Mental Health Evaluation! This one-hour, in-depth assessment allows us to understand your unique needs and create a personalized plan for your mental wellness journey.

During this evaluation, our specialists will explore key aspects of your mental, emotional, and physical health, integrating insights from traditional and holistic approaches. The result is a customized wellness plan designed to address your specific challenges and goals, setting a strong foundation for your journey to optimal mental health.

If you or a loved one could benefit from extra support this season, we invite you to reach out and schedule your comprehensive evaluation. Our team is here for you, ready to help you thrive through the holidays and into the year ahead.

Contact us today by calling (904) 593-8480 or visiting [www.westeasternhealth.com](http://www.westeasternhealth.com) to book your evaluation and take the first step toward lasting wellness!

*Thank you for reading!*



**West Eastern**  
HEALTH

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