



# Health Coach

Timely, trusted advice from Outer Banks Health

Even simple things, like spontaneously dancing, can reduce your stress level.



## Managing Your Stress Response for Better Health

Stress is part of life, no matter who you are, stress is a normal part of being human. Feeling stressed is our automatic physical, mental, and emotional reaction to a challenging event. Doing so helps us adjust to new situations by impacting our heart rate, breathing, and vision, which makes us more alert and motivated.

Stress is subjective because what is stressful for one person may not be for someone else. And while avoiding stress isn't realistic because we can't always control what is happening around us, we can adjust the way we react or deal with the situations that trigger our stress response.

Stress can have a negative effect... For this reason, it is important to keep our response to stress in check in order to protect our overall well-being.

"Our bodies give us a lot of warning signs when we're becoming overly stressed," says Janet Creef, licensed clinical social worker with Outer Banks Health Cancer Services. "A few of those are unexplained chest pain, racing heart, trouble sleeping, dizziness, high blood pressure,

digestive challenges, mood swings, depression, anxiety, and panic attacks." Creef also noted that chronic stress can weaken our immune system, which opens the door for other illnesses.

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"We want to avoid unhealthy coping methods," says Creef, "with things like increased alcohol intake, overspending, overeating, and resorting to tobacco or drug use. Instead, consider a healthier route by creating a stress management plan."

The first step is to identify the sources of stress in your life. It could be certain situations or demands made on you by others. Make a list and rank them from 1 to 10, with 10 being the most stressful for you.

Then develop ways to cope with these items. Consider relaxation techniques such as breathing exercises and meditation, or activities like yoga or walking. Even simple things, like spontaneously dancing, can reduce your stress level.

Next, set some short- and long-term goals. For instance, make a commitment for a month to do 10 minutes of meditation each morning, take a walk each day, or join a yoga class. A long-term goal might be continually practicing an effective (and healthy) response to your stress triggers, like breathing techniques, counting to 10, or temporarily removing yourself from the stress-inducing situation.

Monitor your progress by tracking how you feel before and after you complete a healthy coping response. It will help you determine which things effectively reduce your stress.

Learning to manage the stress response is one component of a healthy lifestyle. This, in addition to proper nutrition and sleep habits, can significantly improve your quality of life.

### Help Build the Tribute Paths



You can help build The Cowell Cancer Center tribute paths with a purchase of an engraved paver that honors or memorializes a loved one. To purchase a paver, use the QR code or visit

[give.classy.org/TOBH TributePath](https://give.classy.org/TOBH TributePath).

For more information, contact our Development Office at 252-449-4529.



# May/June 2023 Education, Support, and Community Events

## Outer Banks Health Stroke Support Network

Outer Banks Health offers a free virtual Stroke Support Network on the first Tuesday of every month for stroke survivors and their caregivers. For more details and to register, contact Robin South, RN, at 252-449-4554 or by email at Robin.South@theobh.com. Attend in person or via Zoom.

**Tuesday, May 2 | 11:00am-noon and Tuesday, June 6 | 11:00am-noon**

## Wellness Screenings

Outer Banks Health offers free wellness screenings on the new Health Coach vehicle, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Appointments are highly recommended and take priority; call 252-449-4529.

**Wednesday, May 3 | 9:00am-noon** | Baum Senior Center | 300 Mustian Street, Kill Devil Hills

**Tuesday, May 23 | 9:00am-noon** | Virginia S. Tillett Center | 950 Marshall C Collins Drive, Manteo

**Wednesday, June 7 | 9:00am-noon** | Kill Devil Hills Library | 400 Mustian Street, Kill Devil Hills

*All screenings will take place on the Outer Banks Health Coach vehicle located in each location parking lot.*

## Skin Checks

Outer Banks Health offers **FREE** skin checks by appointment. Protecting your skin from the sun and having regular skin checks are essential to staying one step ahead of skin cancer. To reserve an appointment, call 252-449-4529.

**Wednesday, May 17 | 2:00pm-4:30pm**

Family Medicine – Nags Head East  
4917 S Croatan Hwy, Nags Head



## Lunch and Learn: Stroke Prevention and Stroke Risk Assessments

Do you know if you are at risk for a stroke? Outer Banks Health will be offering free stroke risk assessments and a lunch and learn about stroke prevention. Assessments include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, and health coaching will be offered. To register, call 252-449-4529.

**Wednesday, May 10**

Stroke Risk Assessments | 9:30am-noon

Stroke Prevention Lunch and Learn | 12:00pm-noon

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head

## FREE Stroke Awareness Walk

You're invited to participate in the second annual Stroke Awareness Walk to celebrate those who have been affected by stroke and learn about the hospital's stroke program. Registration starts at 9:00am. The walk around Dowdy Park begins at 9:30am. For more information, call 252-449-4529.

**Saturday, May 20 | Registration 9:00am; Walk 9:30am**

Dowdy Park | 3005 S Croatan Hwy, Nags Head

## Namaste at the Beach

Get your Tuesday mornings started with free yoga classes on the beach in Nags Head (weather permitting). All skill levels welcome. Bring a yoga mat or towel and your water bottle. Questions? Call 252-449-4529.

**Tuesdays: May 23, 30 | June 6, 13, 20, 27 | 7:30am-8:30am**

Jennette's Pier | 7223 S Virginia Dare Trail, Nags Head

## FIT Colon Cancer Screening

Individuals ages 50-75 will be offered a fecal immunochemical test (FIT) kit to screen for colorectal cancer. FIT kits are used to screen for colon cancer from the comfort of home. Appointments are not required. For more information, call 252-449-4529.

**FIT Pickup: Friday, June 9 | 9:00am-noon**

**FIT Drop-off and Screening: Monday, June 12 | 9:00am-noon**

Virginia S. Tillett Center | 950 Marshall C Collins Drive, Manteo

*Pickup and drop-off will take place on the Outer Banks Health Coach vehicle located in the parking lot.*

## Med Drop Drive-Thru and Wellness Screening

Unused/unwanted prescription and over-the-counter medications will be collected by the Dare County Sheriff's Office for proper disposal. Animal medications are also accepted. No appointment needed. Outer Banks Health also will offer free wellness screenings. Appointments are recommended for wellness screenings; call 252-449-4529 for appointments or more information.

**Wednesday, June 14 | 9:00am-noon**

Southern Shores Pitts Center | 5377 N Virginia Dare Trail, Southern Shores

*Med Drop will take place on the Outer Banks Health Coach vehicle. Wellness screenings will be in the Pitts Center.*

## A1C Screenings

Outer Banks Health will be offering free A1C screenings, which measure a person's blood glucose level over the past three months. Appointments are highly recommended and take priority; call 252-449-4529.

**Wednesday, June 28 | 9:00am-noon**

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

*All screenings will take place on the Outer Banks Health Coach vehicle located in the parking lot.*

## Lunch and Learn: Stress Management

Join Janet Creef, MSW, LCSW, as she shares tools and resources for managing stress. To register for this free lunch event, call 252-449-4529.

**Tuesday, June 27 | Noon-1:00pm**

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head

## Lung-O-Gram Screening Event

Outer Banks Health is offering Lung-O-Grams for qualified patients. This annual low-dose CT scan is recommended for people at high risk of developing lung cancer. If the worry of cancer is on your mind, a Lung-O-Gram can put you at ease. The scan only takes a few minutes, is not painful, and can detect cancer when it's small and most treatable.

To learn if you qualify, complete the online form at [outerbankshealth.org/LoveYourLungs](https://outerbankshealth.org/LoveYourLungs) or call 252-449-7338.

**Tuesday, May 16 | 4:00pm-7:00pm**

Radiation Therapy Center | 4927 S Croatan Hwy, Nags Head

*Appointments are required; call 252-449-4529.*

## The Blood Connection Blood Drives

The Blood Connection will be hosting community blood drives on the Outer Banks. All donors are asked to make an appointment. Walk-ins are welcome, but appointments are highly recommended and take priority. To make an appointment, use the QR codes or call 252-449-4529.

**Wednesday, May 17 | 8:00am-1:00pm**

The Outer Banks Hospital

4800 S Croatan Hwy, Nags Head

Donors will receive a \$30 e-gift card.

**Saturday, June 10 | 10:00am-3:00pm**

Outer Banks Family YMCA

3000 S Croatan Hwy, Nags Head

Donors will receive a \$20 e-gift card.



May 17



June 10

## Over-the-Counter (OTC) Medicine Giveaway Events

In partnership with NC MedAssist, Outer Banks Health will be bringing two OTC giveaway events to Dare County! Those in need of OTC medications can select and receive them at no cost. Reserve your free OTC medications by scanning the QR code.

During the event, the hospital will provide free wellness screenings. On May 19, The Blood Connection will be on-site (hosting a blood drive) along with other community partners, like local food banks, that will provide free resources. For more information, call 252-449-4529.

**Friday, May 19 | 10:00am-3:00pm**

College of The Albemarle | 205 US-64, Manteo

**Wednesday, May 24 | 11:00am-2:00pm**

Fessenden Center | 46830 NC-12, Buxton

