



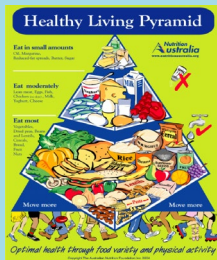
Health Promotion Months/Dates

DECEMBER

Event	Date/s	Ideas for General Practices
<p>DecemBeard Decembeard Australia encourages men to grow a beard in the final month of the year to raise awareness and much needed funds for bowel cancer.</p> <p>DecemBeard Australia http://www.decembeard.org.au/</p> <p>Cancer Australia https://www.canceraustralia.gov.au/</p> 	All month	<ul style="list-style-type: none">Change posters in your waiting-room to new focus for the monthPost information on your Facebook and/or websitePromote awareness of risk factors for Bowel Cancer in 50-74 age group.Family History - Encourage patients who will be getting together with family over the Christmas break to have discussions about their family health history & update their records accordingly. Encourage Family members to participate/catch-up on their screening.
<p>Keeping Healthy & Well During the Festive Season - In the lead-up to Christmas there is lots of activity, stress & some over-indulgence.</p> <p>Beyond Blue https://www.beyondblue.org.au/</p>  <p>Lifeline https://www.lifeline.org.au/</p>  <p>Eat For Health https://www.eatforhealth.gov.au/</p>	All month	<ul style="list-style-type: none">Change posters in your waiting-room to recommend a Healthy & Well ChristmasPost information on your Facebook and/or websiteComplete your QI activity for the Nov-Jan quarter before mid-December, finalise your documentation & then relax until the start of Feb.Plan your activities around what's important to you & your team, celebrate the years successes.Everyone is stressed at this time of year, patients as well as staff. Try to create a practice environment that is a little bit more light-hearted & welcoming for everyone while still getting the work done. Remember to be kind to each other!Ensure equity in holiday leave so that everyone feels like they get a break & not the same people every year get first chance for leave. Take the time to work this out fairly.Not everyone has family to share this time of year with or a positive home environment. Make extra resources available for clinicians & for patients to access for Cognitive Behavioural Therapy (CBT) & online support services.



<https://nutritionaustralia.org>



- Be sensitive to your team & patient demographic. If you have patients & staff from different religious & ethnic backgrounds, then they may not celebrate Christmas. It's important to acknowledge this & be sensitive to their needs as well.

On a personal note-

- Don't overspend- stick to your budget & avoid the stress!
- Stay active – great for some 'me time' & a mood booster.
- Everything in moderation & avoid the over-indulgence, both food & alcohol
- Get enough Sleep! It's a busy & stressful time of year so make sure you recharge your batteries.
- Take a break – enjoy your family & friends. Think about your work/life balance & encourage your staff to do the same.
- Make home life easier, have healthy meals planned for when you aren't celebrating.
- After the celebrating, come back fresh, ready to tackle the next year!

MERRY CHRISTMAS!



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