

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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Westfield Regional Health Department
425 East Broad Street
Westfield, NJ 07090
Phone: 908-789-4070



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Tips for Tackling Anxiety

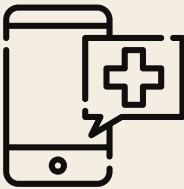
- Before trying anti-anxiety products, consult your doctor, especially if you are pregnant, breastfeeding, have a health condition, or are taking medications.
- Don't overlook lifestyle approaches for calming nerves, such as regular exercise and meditation.
- Avoid misusing alcohol and nicotine for anxiety coping. Although these may appear to help in the short-term, their withdrawal promotes anxiety. Caffeine can also increase anxiety.

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Make the Most of Your Telemedicine Appointment

- Make sure your device is charged or plugged in.
- Set up your device in a quiet, well-lit room.
- Angle the camera so the doctor can see you well. If you're using a smartphone, prop it up so you're not holding it in your hand.
- Have a phone available as a backup in case the video doesn't work.
- Make a list of questions for your doctor.
- Have pen and paper ready to take notes.
- Have your medications and any dietary supplements you take in original containers nearby.
- Your doctor may also have you measure your weight, blood pressure, and blood sugar (if you have devices to do so) prior to the visit so you can share that information.

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Suicide Prevention Month

All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

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The Westfield Regional Health Department is the contractual health agency serving Chatham Borough, Fanwood, Garwood, Mountainside, New Providence, Roselle Park, Summit, and Westfield