



AUGLAIZE COUNTY
HEALTH DEPARTMENT
prevent. promote. protect.

COMMUNITY WELLNESS

January 2024



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"Guiding Auglaize
County towards a
healthier future."




NEW YEAR'S RESOLUTIONS

January is here, which means many people are making new year's resolutions. Often times, new year's resolutions are health related - such as losing weight, eating healthier, exercising more, or quitting smoking. While new year's resolutions are easy to make, they're not always easy to achieve. In order to turn your resolution into a solution, start with a plan! According to the Mayo Clinic, this plan should include:

1. Where you're headed
2. Why you want to get there
3. What challenges you may face along the way
4. How you plan to work through the challenges

Another important part of new year's resolutions is setting SMART goals. SMART stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-bound. Your SMART goals should consist of long-term and short-term goals.

Most importantly, remember to accept challenges and don't give up! Your resolutions may not be easy, but the reward will be worth it!



NEW YEAR,
NEW RESOLUTION



BEAT THE WINTER BLUES

As the shorter days continue and sunlight being harder to find, many people find themselves feeling sad. Especially with the hustle and bustle of the holiday season winding down, it's very common to experience mood changes. Seasonal Affective Disorder (SAD) is the medical diagnosis for what many call "winter blues." Dealing with a winter-related low mood can be difficult. Self-care and healthy habits are some of the best ways to help combat the winter blues or SAD, including:

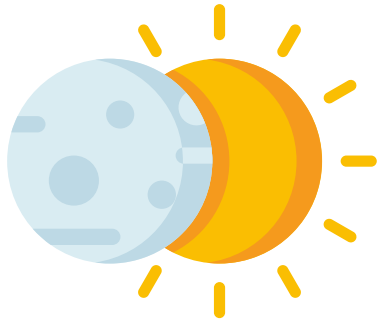
- Getting outside or near a window - especially on bright days.
- Eating plenty of fresh fruits and vegetables.
- Staying active - about 30 minutes, 3 times per week.
- Spending time with family and friends.
- Engaging in activities that make you happy.

As always, if the feeling of sadness lingers and/or interrupts your daily life, talk to your doctor about next steps.



2024 SOLAR ECLIPSE PREPAREDNESS

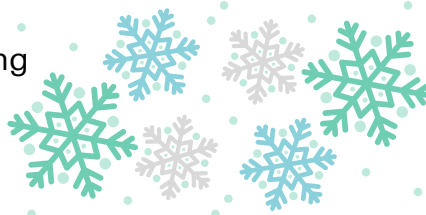
On April 8, 2024 a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada. Auglaize County is one of several Ohio counties that will experience full totality for 3 minutes and 56 seconds at approximately 3:09 PM. In addition, parts of Auglaize County are in the centerline totality area, meaning those areas will experience the longest periods of full totality. Anyone planning to view the eclipse should be thinking about eye safety. It is important that spectators wear special eyewear designed specifically for eclipses. Without eye protection, spectators can significantly damage their eyes, possibly causing blindness. Auglaize County expects a significant increase in visitors to the area between Friday, April 5th and Tuesday, April 9th 2024. Traffic will be heavy and lines may be long for local services such as restaurants, gas stations, grocery, and retail stores. Residents should avoid unnecessary travel and allow extra time to get where they need to go during this timeframe.




WINTER SAFETY


Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely to stay safe and healthy when temperatures start to fall.

- Be sure to check your heating systems in your home.
- Prepare a winter emergency kit to keep in your car
- Be prepared for weather-related emergencies, including power outages.
- Wear appropriate outdoor clothing
- When planning travel, be aware of current and forecast weather conditions.




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