



# SEASONS GREETINGS

Ergo Solutions

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*Ergo has come to another year-end close. The last quarter, the final stretch. It is just as important as the first; this is the quarter that determines gains vs. losses, defeat vs. victory. The last quarter brings out the best in all the "players" involved.*

*As Ergo looks back at this year's whirlwind of changes in healthcare policy, we accept our place as competitors of greatness rising to all occasions. Ergo Solutions will continue to bring its best efforts to bear to ensure excellence until the very end of the year. As Ergo prepares for the new year, we will continue to show gratitude and humility regarding our success while aiming towards future endeavors with confidence and resilience.*

**WE WISH ALL OF OUR STAFF AND  
CUSTOMERS SEASON GREETINGS AND  
HAPPY HOLIDAYS!!!!**

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# Ergo Solutions Newsletter

## HAPPY HOLIDAYS EDITION

## **Tips for a Sane and Healthy Holiday Season:**

*By Richard Flanagan, HR Director*

"Burnout" is a term often used to describe feelings of desperation, extreme stress, and the inability to continue with, or loss of interest in, scheduled activities. **Sufferers of "holiday burnout" are often overwhelmed by the perceived extra demands and expectations associated with preparation for, and celebration of, the holiday season.**

Some cases of holiday burnout are likely related to episodes of depression, which can peak at holiday time. Others report feeling burned out simply because they have taken on too many responsibilities, either because of pressure from others or due to their own expectations. An overloaded social schedule combined with the demands of entertaining, gift shopping, decorating, and other holiday traditions can evoke panic in even the most organized among us. Finally, family and other interpersonal conflicts often come to the surface at holiday time, due both to individual differences in expectations and increased overall stress levels.

If you feel you are prone to experiencing holiday burnout, you can work to formulate an effective holiday stress management strategy by considering the following four keys to avoiding holiday burnout:

- **Perspective**
- **Preconceived ideas**
- **Planning**
- **Permission**



### **Perspective**

Try to keep the whole holiday experience in its proper perspective by remembering that the season represents only a very short portion of the year, which will quickly be at its end. This need not be by definition the most important or meaningful time of the year; only you can decide what is meaningful for you. Also consider that many, many other people feel the same way as you and are also experiencing disillusion, stress, or anxiety.

### **Preconceived Ideas**

Banish preconceived ideas of what the holiday season *should* be like. This can be difficult, considering social pressures, but it can also be very liberating. Think about your holiday traditions and try to separate those you truly enjoy from those you feel you "have" to do because you've always done them or you are expected by others to do them. Consider doing something different to celebrate this year. It's equally important to banish preconceived notions about what you should be feeling at this time. Try to ignore merchandising and mass-media implications of how you should be feeling. In fact, it's extremely unrealistic to expect to feel an increase in love, harmony, forgiveness, and other virtues when you're stressed and overextended.

### **Planning**

Always think before committing to any responsibility or social event. Ideally, make no snap decisions and give yourself time to reflect on any proposed commitment or responsibility (say you have to check your calendar first). Decide what is the right level of social activity for you to feel your happiest and best - from a party every day to none at all - and plan accordingly. Remember that what sounds fun (or manageable) two months in advance might cause major headaches when combined with other holiday pressures. If you're planning as part of a couple or family unit, talk over your feelings in advance and agree to make commitments only after discussion with others involved.

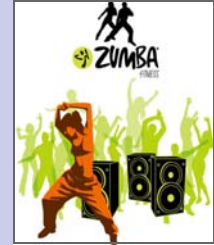
### **Permission**

Finally, give yourself permission - to feel as you do and to make the choices you need. Do not judge or compare your feelings or actions with those of anyone else. You have the right to define for yourself the things that are important for you and how you choose to celebrate the holidays

## COME GET FIT FOR THE HOLIDAYS !!!!

**JOIN SHW-CAPITOL HILL'S REHAB TEAM EVERY WEDNESDAY FOR ZUMBA, LED BY ERGO'S VERY OWN TENISHA EVANS, MS OTR/L**

**ZUMBA ZUMBA**



## How to Beat Holiday Stress

The winter holidays can be filled with busy schedules, parties, shopping, and laughter; however, there can be tension and stress as well. For many people, the holidays mean time off from regular activities, while sharing good times and good food with family and friends. For others, this can be a frustrating and anxiety-provoking time, due to changes in work and exercise habits and dietary concerns. For many, holidays are shared with family, friends and loved ones, yet for others this can be a difficult or dreaded time.

At home, some feel weighted down by old rules or expectations. Feeling compelled to live up to family expectations which may even be dysfunctional can leave one feeling angry, guilty or worthless. Under stress, it may be difficult to avoid returning to old behavior patterns which you know to be ultimately harmful, such as over or under eating.

*There are a number of things you can do for yourself during the upcoming holiday season:*

- It might help to have a heart-to-heart with your family members about your concerns. There may be a need to revise old rules ("the way we have always done things") which no longer fit. A conflict of values and ideas is normal. If you can stay out of a "blaming" or "victim" mode, you will feel more in control and maintain a clearer perspective regarding your differences.
- It may also be helpful to stay in contact with your friends. Sometimes talking with a friend can be a great relief and good way to gain perspective.
- For many, it is necessary to find a quiet place to be with their inner self. This could involve writing a letter, reading or meditating. Keeping a journal of your feelings over holiday periods may help you to get a grip on your emotional responses and what causes them. Seeing more clearly will empower you to *act* and not *react*.
- The holidays are normally a time to celebrate with food, traditional family dishes and lavish desserts. Therefore, it's even more important during the holiday season to take care of your body, to exercise and to eat well. Sometimes we overeat at holiday food tables, but if you want to keep close track of your holiday eating habits it is much better to eat in moderation instead of cutting out the foods you love altogether. Guilt is a waste of energy, and preoccupation with certain foods can be unhealthy. Instead of worrying obsessively about your health or weight, eat reasonably sized portions (pass on the seconds!) slowly and savor your food. Your body, and your future self, will thank you.



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**We're on the web:  
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*The solution to your rehab needs*

Ergo Solutions is an innovative, full-service company that specializes in rehabilitative management and consultative services. We are dedicated to providing the highest quality of therapy to every patient we serve, and at every level of care. Our first goal is to perform a professional and thorough evaluation of the patient's injury or disability. We then work as a team to ensure the development of an accurate and beneficial plan of treatment. As the largest rehabilitation outsourcing group in Washington, D.C., we expand the potential of rehab everywhere we go. Ergo Solutions is owned and operated by therapists with a diverse knowledge of the rehabilitation field. We are committed to providing high quality services with strict adherence to regulatory requirements.

**"WHEREVER YOU GO, GO ERGO"**

## Owners Corner

*Each edition of our newsletter serves as a forum for one of the owners to share a word of encouragement and gratitude. This edition features Dr. Courtland Wyatt, DPT*

## Self Investment and Consistency

**I used to wonder why some people succeeded in making substantial improvements after reading a self-improvement book, while others who read the same book got nowhere. The biggest factor in the effectiveness of any self-improvement activity is how consistent you are in doing it. To test the effectiveness of a new activity, it usually take at least a month of consistent action, and lasting results only come from consistent long-term action.**



**When you take up a new task, hobby, activity, or position, do your best to stick with it. It is up to you to invest in yourself. You are your greatest asset in reaching your goals and dreams. Read at least one book a month on any topic that interests you. This will help meet your goals. Remember, a mind that is stretched to new limits cannot go back to its original capacity. Continue to stretch you minds and soar to new heights.**

**Happy Holidays and Blessed New Years!**

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***“ERGO has a Friendly Family work environment that makes your day more Enjoyable.”***

***-Executive Board Member Jenisha Byrd***

***WHAT SETS ERGO APART FROM OTHER REHAB COMPANIES?***

***“Ergo is about customer service. We are a community of therapists that strive to make sure our customers are satisfied.”***

***-Tanya Lynch-Brown, COO***

***“ERGO is willing to nurture a new graduate like myself and take me underneath their wings.”***

***-Sharlette Sneed***

***“I love the people I work with at ERGO”.***

***-Tenisha Evans***

***“ERGO gives me room to grow and become a better health care Provider.”***

***-Asya Peebles***

***“The four owners of ERGO really care about their staff, they are invested in our professional lives as well as the company.”***

***-Mashanda Dodson***

***“ERGO has a family atmosphere, they treat me like I really Matter.”***

***-Eusebia Mont***

**HAPPY HOLIDAYS FROM EVERYONE AT ERGO SOLUTIONS!!!**