

# Mind and Matter



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## IN THIS EDITION

### SOCIAL DRINKING DURING THE HOLIDAYS

BY PILAR TAMBURRINO, M.S., LMHC, CEAP  
IN FEATURED ARTICLE

### 7 SIMPLE AND POWERFUL WAYS TO CULTIVATE COMFORT EVERY DAY

CLARITY. CONNECTION. COMFORT.

### HOW TO SPREAD LOVE AND KINDNESS

2019 THE YEAR OF ACTION

# Social Drinking during the Holidays

by Pilar Tamburrino, M.S., LMHC, CEAP

FEATURED  
ARTICLE

Holidays are occasions for fun and celebration. For many, alcohol plays a big role in the festivities. But, a combination of good cheer and the overabundance of alcohol can take the fun too far. Whether it's sipping wine at a Christmas or Hanukkah celebration, or toasting the New Year with champagne, alcohol is commonly a part of many holiday traditions. Office parties, potlucks and other fun festivities offer plenty of tempting treats during the holiday season. It's easy to get carried away with eating and drinking when you're in a celebratory mood, but making mindful choices is important to maintaining your health — especially when it comes to alcohol consumption. A 2018 study conducted by One Poll surveyed 2000 Americans to reveal that participants were more social between the Thanksgiving and New Year's Holidays; drinking 100% more alcohol within the Holiday Season.

There are other reasons why people drink during the holidays, and not all of them are happy. For many, the holidays are a time when people struggle with mental health concerns and/or challenges to their sobriety. Many experience deep feelings of isolation, loneliness and stress. So, the temptation to self-medicate with alcohol is real.

Alcohol is rapidly absorbed into the bloodstream, initially causing disinhibition, then acts as a central nervous system depressant. A hangover from the night before is a sign that the body is going through withdrawal from alcohol. While moderate drinking has been shown to have a variety of health benefits, drinking more than a drink or two a day can lead to major physical and emotional problems.

**To enjoy a safe holiday celebration consider these tips:**

- 1. Practice moderation.** Enjoy and savor your drinks by sipping slowly. It's easy to lose track of how much you have consumed, so don't say "yes" to someone when they offer to refill your glass. Keep count of your drinks.
- 2. Go for ginger ale.** Standing without a drink with a group of people who are drinking can be awkward for some, so opt for ginger ale. Holding a non-alcoholic drink will not only assure you join the group's toasts, but also help you limit your alcohol use.
- 3. Keep the focus on family and friends.** Remember the reason for the gatherings: a time to celebrate with those you love.





# Clarity. Connection. Comfort.



## *7 Simple and Powerful Ways to Cultivate Comfort Every Day*

### **Slow down and be more present.**

*Today when you ask someone, "How are you?" take the time to be present. Listen to another person without any pressure to give advice or solve a problem. Sometimes all another person needs is the comfort of being understood.*

### **Encourage someone to take a comfort break with you.**

*Together, take time to enjoy a walk, see an art show, pray or meditate, watch a funny movie, listen to music, or put your feet up and do nothing!*

### **Find simple ways to create more comfort in your home.**

*A comfortable home benefits everyone who lives there and everyone who visits. Put fresh flowers around, cook your favorite meal, clear out a closet, and take time to say thank you to the people you live with.*

### **Imagine a thread connecting every human being.**

*Connecting yourself to the web of life can provide comfort. We are not in each other's way, but we are the way for each other. We are the sources of comfort for one another.*

### **Give something of yours to comfort someone in need.**

*It could be a book, a picture, a figurine, a rosary, or a soft sweater. Offer this gift as a sign of support and caring.*

### **Let your daily routines be a continual source of comfort.**

*Savor and relish the rituals in your day. Enjoy the pleasure and comfort you receive from your first sip of tea or coffee in the morning, from reading an inspirational book, from a regular prayer or contemplative practice, or from giving a hug to a loved one.*

### **Send a card, text, or email to comfort someone.**

*Remember a special occasion, acknowledge an accomplishment, express gratitude, or offer support during a difficult time or transition. Gratefulness.org has a warm and comforting selection of eCards to share.*

*This excerpt is from "7 Simple Ways to Cultivate Comfort" by Colette Lafia which originally appeared on Gratefulness, the online magazine of A Network for Grateful Living.*



# 2019 The Year of Action!

## How to Spread Love and Kindness

**“Spread love everywhere you go. Let no one ever come to you without leaving happier.” - Mother Theresa**

Every word, movement, and action leaves a powerful impression on those around you - good or bad. Once you put that on your radar, your second task is to get into the practice of not only emanating love but sharing it too.

How to do it? It's simple. Throughout the day, send love to everyone you see.

You can send love through a positive thought, a smile, or the simple intention of kindness. If you're on the bus, train or even stuck in traffic, send love to your fellow commuters. All it takes is a simple thought: "I wish you well."

Spread the love far and wide, and pay attention to how it makes you feel. But more importantly, pay attention to the way people react to you. Through a brief interaction, a smile, or a positive thought, you can change someone's life.

*“Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.”*

*Brene' Brown*

## did you know?

Self-care is any activity that we do deliberately in order to nurture our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is the key to improved mood and reduced anxiety. It's also the key to a good relationship with oneself and others.



## featured seminar

### Relaxation Techniques for Coping with Holiday Stress

*This lunchtime training session is offered for those interested in building their capacity to consciously activate their body's relaxation response. The benefits of relaxation are more than simply a refreshed and rejuvenated spirit. Attend to learn specific relaxation methods you can use both at work and home to help you manage daily stressors. Take a break from the busy holiday season and join us in practicing this important skill.*

Register through <http://ulearn.miami.edu>

Earn 150 Pure Wellness points (to a maximum of 300 points per calendar year) when you attend an FSAP seminar. These points will be applied to 2020.

## upcoming seminars

LEAP into Wellbeing - 29 day challenge

Sowing the Seeds of Compassion

The Upside of Anger

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