

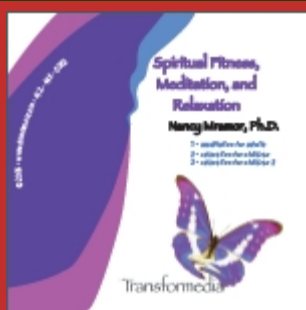


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## Tips for Caretakers, Friendship Tips in Woman's World, and more

### IN THIS ISSUE

- **Caretaking Tips**
- **Dr. Nancy Live on KDKA's The Jennifer Show**
- **Friendship Tips**
- **Wealth of Friends**

### Caretaking Tips

Caretaking can be a steady job and it takes its toll on the immune system. The stress of constant worrying about a loved one and the demands of the role of caretaker begin to effect the body if you do not take precautions. The stress of caretaking is chronic as opposed to a simple stressor that may occur and get resolved. In order to care for yourself in caretaking situations, there are three key points. **First**, make sure that you are doing things throughout the day to keep the stress level down and to decompress. **Taking a deep breath** has major benefits toward this goal, as it activates the parasympathetic nervous system and allows for relief from the stress that is placed on every organ in the body. Another thing to do is to notice the symptom that your body has immediately when you are feeling stressed. It may be rapid heartbeat or tightness in the chest, fidgeting, getting confused, or any number of symptoms. When I do workshops... [[Read More](#)]

### Dr. Nancy Live on KDKA's The Jennifer Show

Dr. Nancy and Jennifer discuss more Tips for Caregivers.

[[Watch Now](#)]



### Friendship Tips

With an uncertain economy, the new wealth has become our family, friends and health. Today we will address friendship. As the holidays approach, we see friends that we may not see all year 'round. And yet they are an integral part of our lives,

and hearts. They improve our level of health by providing social contact and physical contact. There is a significant body of evidence that reports many health benefits of friendship. These include less illness, greater longevity and better heart health. [[Read More](#)]

See Dr. Nancy's friendship tips in **WOMEN'S WORLD** Magazine available this week!



### Wealth of Friends

See Dr. Mramor's recent appearance on KDKA's **Pittsburgh Today Live**, on the topic Wealth of Friends! Airing Monday December 1, 2008 at 9:00 a.m. on KDKA-TV. It will also be available online at [KDKA's web site](#). See this and other appearances by Dr. Nancy.



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Do you love your life? Really? With all of it's ups and downs, joys and disappointments? Well you can! And it will be one of the greatest tools in your life for success and happiness. In upcoming newsletters, you will gain information to help you do just that!

Until next month, I wish you many blessings,  
**Dr. Nancy**  
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