



# The Canyon View

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## CVMG Christmas Party

Don't forget the Christmas party that will be held at the Chillon Reception Center at 700 East Center in Spanish Fork. We will meet for an enjoyable afternoon around 1:30 and have a great meal at 2:00.

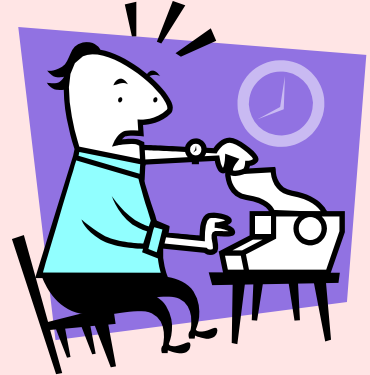
Christine Argyle and her committee has planned this and we wish to thank them for their efforts.

The doctors wish to thank each of you for your dedication and service to the patients of our area and to them personally!



## Holiday Stress: How to Keep Calm and Avoid Fighting with Your Kids

The holidays are supposed to be a time of joy and family togetherness. So why do you end up feeling so stressed, exhausted and overwhelmed? Why is it also a time when so many kids act their worst? Most importantly, how can you make the upcoming holiday season a more calm and peaceful one—even if you have a child who frequently misbehaves and acts out? Debbie Pincus, the creator of *The Calm Parent AM & PM* program, has worked with parents and families for decades, helping them find that sense of balance and calm during even the most stressful times—and she has real solutions for you, too.



**The expectation is that our children should look good and behave well—and when this doesn't happen, we can start to feel like we're somehow failing as parents.**

Our culture tells us that the holidays are supposed to be happy, peaceful, loving times. But we also know that the “supposed to’s”—in other words, all the expectations that go along with this time of year—carry a lot of pressure with them. The holidays are *supposed to* be a time of joy, fun, connection, and love. We feel compelled to choose the perfect gifts, spend money, cook delicious meals, and decorate our homes with utmost care. Along with that pressure comes an increase in family togetherness, which often adds to the friction in the house. And the other expectation is that our children should look good and behave well—and when this doesn't happen, we can start to feel like we're somehow failing as parents.

Anxiety is the key culprit here, because feeling anxious and reacting to our anxiety leads to “reactivity.” That's when you lose it and yell at your kids without pausing to think first and then respond. For most of us, being reactive to each other during this peak time of year goes against our ideal image of ourselves and our family, only adding more fuel to the fire.

Credits: Empowering Parents, Debbie Pincus, MS LMHC, Elisabeth Wilkins, Total Transformation Program, James Lehman and Legacy Publishing Company.

If this article is enticing to you, you can find the full version on our website blog at [www.canyonviewmedical.com](http://www.canyonviewmedical.com). Check this and many other great articles on raising kids and other topics.



Everyone please get your HIPAA training modules completed by the end of the year. If you do these at home remember to let your supervisor know so you can get paid the 45 minutes apiece for each module. Thank you.

Thanks to all who have already completed this assignment. Mark appreciates your efforts!

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## Reindeer's Story at Christmas

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December.

Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl.

We should have known... ONLY women would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost.

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## Father Christmas Calls

Alex was five; all his Christmas presents were always signed, 'from Father Christmas.'

A little while after Alex had opened all his presents on Christmas morning, we became aware that he was looking quite down in the mouth for no obvious reason.

'What's the matter, Al?' I asked.

'Ummmm, 'replied Alex slowly, 'I really hoped that you and Mummy would give me something for Christmas.'

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## Christmas Turkey

It was Christmas Eve in at the meat counter and a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one.

In desperation she called over a shop assistant and said, 'Excuse me. Do these turkeys get any bigger?'

'No, madam, 'he replied, 'they're all dead.'

