



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Venetta Seals | rhcacares@reevesregional.com
432-447-3551 ext. 2243

A Season for Health and Happiness

Reeves Regional Health Encourages Self-Care and Mental Well-Being This Holiday Season

PECOS, Texas (Dec. 16, 2024) – As the holidays draw near, Reeves Regional Health (RRH) is extending warm wishes to the community and reminding everyone to prioritize their health and well-being. The festive season, filled with gatherings, celebrations, and gift-giving, can also bring stress and overwhelm. Reeves Regional Health encourages residents to take time for self-care, both physically and mentally, to fully enjoy the holidays and enter the new year feeling refreshed and balanced.

“The holidays can be joyful, but they often come with added pressure and expectations,” said Crystal G. Lujan, Licensed Professional Counselor-Associate, MEd, LPC-A, MH Fellow, (supervised by Eleazar R. Cano, MEd, LPC-S) at Reeves Regional Rural Health Clinic. “It’s important to pause and recognize when you need to care for yourself. Taking time for self-care supports both your physical and mental health and allows you to be more present for your loved ones.”

In the hustle and bustle of the season, small acts of self-care can make a big difference. Finding quiet moments to relax, breathe, or reflect can help manage stress. Lujan emphasized that simple activities, like going for a walk, journaling, or meditating, can improve mental well-being and provide a sense of calm. Even setting aside short periods each day to engage in hobbies like crafting, baking, or listening to your favorite music can uplift your mood and create a sense of balance.

“Self-care doesn’t need to be complicated,” Lujan added. “Even setting aside ten minutes a day for yourself can help you reset. It’s about making your well-being a priority, even during busy times. The holidays are about giving, but it’s equally important to give yourself grace and time to recharge.”

Maintaining healthy eating habits is also vital for feeling your best. While holiday treats are part of the fun, incorporating balanced meals with vegetables, fruits, and lean proteins helps sustain energy. Staying hydrated with water or herbal teas can also support your overall health. Instead of restricting yourself, focus on moderation and balance. Enjoy traditional holiday dishes, but consider adding healthier options or lighter versions of your favorite recipes.

Sleep is another key aspect of self-care that’s often overlooked during the holidays. Late nights spent at gatherings or shopping for gifts can take a toll on your physical and mental health. Prioritizing rest by setting boundaries around bedtime and making time for short naps can help maintain your energy levels and improve your mood.

The holidays can sometimes stir up feelings of loneliness, sadness, or anxiety. Lujan encourages individuals to acknowledge these emotions and seek connection or support. Whether through

MORE

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com



A Season for Health and Happiness

Page 2

conversations with trusted friends, family members, or a counselor, sharing your feelings can ease the burden. Connecting with support groups, faith communities, or volunteering can also offer a sense of belonging and purpose during the season.

“It’s completely normal to experience a range of emotions during this season,” said Lujan. “If you find yourself feeling overwhelmed, know that help is available. Talking to someone can provide relief and perspective, and you’re not alone in this. Our team is here to offer support and guidance when needed.”

As 2025 approaches, Reeves Regional Health encourages everyone to take steps toward a healthier new year. Scheduling routine health check-ups, setting achievable self-care goals, and seeking mental health support when needed can lay the groundwork for a positive year ahead. Taking time to reflect on the past year and setting intentions for your health in the coming months can create a sense of direction and hope.

“Let’s enter the new year with a commitment to our health and well-being,” Lujan concluded. “At Reeves Regional Health, we’re here to support you in caring for both your mind and body. Whether you need physical health services, counseling, or guidance on healthy living, our dedicated team is ready to help.”

Reeves Regional Health and Reeves Regional Rural Health Clinic are dedicated to providing comprehensive care to the Pecos community. From primary care services to mental health support, the team is here to help residents lead healthier, happier lives.

For more information or to schedule an appointment, call Reeves Regional Rural Health Clinic at 432-447-0565.

About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice, and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit www.reevesregional.com.

###

Reeves Regional Health

2349 Medical Drive. | Pecos, TX 79772 | 432-447-3551 | www.reevesregional.com