

Stressed Out and Snowed Under

At work and at home, the run-up to Christmas may leave you feeling run-down and just a little stressed.

End of year pressures at work can be an enormous stress trigger, whether you are reconciling budgets or preparing next year's projects. At home the kids may be on holiday, an invasion of family may be imminent and let's not forget all the cleaning, Christmas shopping, and organising that needs to be done. These tasks can be a nightmare when your head is thumping, heartburn is raging or you haven't slept well.

So, here at the Consumer Health Information Centre, we reckon you'll need all the help you can get. The Centre's De-stress Not Distress helpline is therefore ready and eager to take your calls. Trained pharmacists can offer practical advice on the minor ailments you may be suffering as a result of all that stress.

Treating your minor ailments, could make some of the other Christmas stress factors easier to deal with. Ailments which can be easily treated with products bought from the pharmacy include: headaches, indigestion and insomnia. Other self-treatable conditions that can be stressful in themselves include diarrhoea, skin rash and thrush or cystitis (after an initial doctors diagnosis).

So, don't get too stressed out and snowed under this Christmas. Treat your minor ailments quickly and don't let them ruin your celebrations. Call the Consumer Health Information Centre's helpline for advice on best treatments - 0845 60 61 611 (open between the hours of 9-5 Monday-Friday) or ask your local pharmacist for help and advice which could make your Christmas that little bit merrier.

Notes to Editors: The Consumer Health Information Centre (CHIC) was set up in 1997 and is advised by an expert panel of independent pharmacists, doctors, nurses and consumer representatives who contribute to and endorse the generic consumer information service on self-medication. November 98

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