MIND OVER MATTER

You may have heard the quotes "just do it", "fake it 'til you make it", or "the grind never stops", but what do they have to do with leadership? Leaders, like everyone else, get tired and managing your life with your responsibilities can seem impossible. As a leader how do you respond? How are you going to lead?

Remember it's all about MIND OVER MATTER! As a leader, you have to learn to manage your responsibilities with grace. When it's crunch time you have to focus your attention on what needs to be done and where you are in each moment. You have to actively choose to focus on the leadership experience and not other things.

Another take on these quotes is to think about when you have too much on your plate. There is power in having a leadership mindset and it allows you to be engaged in the present while also managing everything else in your life. When you change your mindset to be positive and powerful, you can become the leader you want to be. When life throws curve balls, you will be prepared to take them head on. Train your brain to be a leader and you will be able to accomplish so much more!

Remember MIND OVER MATTER!

#azhosaleads
HEALTH ADVANCEMENTS

SUP ARIZONA HOSA!

Dog ownership associated with longer life especially among heart attack and stroke survivors.

Some of us might already have dogs and some might really want one in the future. However, recent studies have found that dog ownership could be associated with a longer lifespan and better cardiovascular outcomes. Populations who might benefit the most from these findings are those who have suffered from heart attacks or strokes in the past and whose who currently live alone.
According to a recent study and meta-analysis of previous literature, evidence was found associating dog ownership with reduced cardiac and all-cause mortality. Although the studies do not 'prove' that adopting or owning a dog directly leads to longer life-span, many studies highly suggested a correlation. For example, prior studies have shown that dog ownership reduces social isolation, it improves physical activity and lowers blood pressure which has lead researchers to believe that dog owners could potentially have better cardiovascular health than those who do not own a dog.

In a study that studied dog ownership and survival after a major cardiovascular event, researchers compared the health of patients (ages 40-85) who have experienced a heart attack or a stroke between 2001 and 2012. When comparing them to patients who did not own a dog, researchers found that for dog owners: the risk of death for heart attack patients living alone after their hospitalization was 33% lower and approximately 15% lower for those who were living with a partner or a child. The risk of death for those who lived alone and suffered from a stroke after hospitalization was 27% lower and 12% lower for those who lived with a partner or a child.

The researchers of the study explain that social isolation is a strong risk factor for worse health outcomes and can cause premature death. Dog owners experience less social isolation and have higher interactions with other people. Additionally, in order to take care of a dog, it requires good motivation for physical activity which is an important factor in maintaining great mental health.

The results of the study suggest positive effects of dog ownership for patients that have experienced a heart attack or a stroke, however, more research needs to be conducted in order to strengthen this correlation between dog ownership and mortality. Further research needs to explore the prescribing of dogs for patients as some patients might not have the capacity or the knowledge to provide dogs the care and life they need.

Citation:
Lydia Pastore is a sophomore at Red Mountain High School and an avid member of HOSA! Through HOSA, Lydia has continued her passion of biotechnology. She is an intern in SCENE's evolutionary medicine center working with insecticide resistance. She attended ILC in Orlando this past summer and is looking forward to upcoming events and continuing to be inspired by the HOSA community. Congratulations Lydia!
HOSA in Preschool?

San Luis Nursing HOSA Teaches Children About Dental Health
San Luis High School HOSA nursing students recently traveled to Chicanos Por La Causa preschool to educate children on the benefits of proper dental health. As HOSA members and future health professionals, these students utilized their CTE program curriculum in a positive way to impact their community.

The preschool students had the opportunity to partake in various activities set up by the HOSA members. Although working with children this young can be a challenge, San Luis HOSA nursing students were not discouraged. In fact, they look forward to working with their community more in the future.
The San Luis Advisor Ms. Noe, RN is proud of her students’ efforts. She recognizes that “the daycare visit was a really good experience” for both her students and herself. Even though their attention spans can be, well, shorter than a high school student, Ms. Noe was glad to see that “the kids had a really safe and loving environment that allowed them to socialize and learn at the same time.”

These preschoolers specifically learned how to wash their teeth using equipment from San Luis’s classroom. They, of course, had fun with this. The children had the opportunity to win prizes for participating and dance with the big kids.
Show Your Chapter Off!

Arizona HOSA is proud to recognize the San Luis HOSA nursing chapter for its active community involvement and dedication to HOSA’s ideals. A special thank you goes out to their advisor, Ms. Noe, and their chapter historian, Danna Monroy, for sharing this event with Arizona HOSA, along with the members who were involved: Melanie Nunez | Andrea Sanchez | Andrea Ramirez | Melanie Sanchez | Paul Monge | Luis Santillan | Isis Cuara | Giselle Quezada | Fernanda Osorio | Jacqueline Becerra | Lorena Martinez | Samantha Ojeda | Alexa Gonzalez | Maria Robles.

If you would like to show off your chapter to the rest of Arizona HOSA, reach out to any state officer! To find contact information, go to azhosa.org and click on “about us” and “state officers.” Each state officer’s email is on this page.
Arizona HOSA

15 Competitive Events

1. HOSA Bowl
2. Medical Math
3. Pharmacology
4. Nurse Assisting
5. Medical Assisting
6. Veterinary Science
7. CPR/First Aid
8. Behavioral Health
9. Health Education
10. Biomedical Debate
11. Physical Therapy
12. Dental Science
13. Prepared Speaking
14. Health Career Photography
15. Public Service Announcement
FINALS SEASON
HEALTH

HOW TO SURVIVE FINALS
6 TIPS FOR FINALS

1. Set A Study Schedule
Stress from finals can come from a lack of order. If you put everything off until the last moment, you won't know what you're doing or why you're doing it. When you don't have a plan, it can cause undue stress which can be avoided by making a schedule. This forces you to stay on top of your studies and can help reduce stress.

2. Stay Connected With Friends
While it might feel counterintuitive to step back from studying in the middle of finals, it sometimes can be the best thing you do. If you study for too long, your brain can become overloaded with information, lowering your ability to remember things. By hanging out with a friend for an hour or two, you're able to clear your mind and study more effectively.
3. Get Enough Sleep
It is extremely important to get sleep. Lack of sleep can cause further stress and trigger mental health issues. Not only that but memories are formed during sleep, so it's important to sleep in order to create connections to maintain what you studied. Make sure you sleep at least seven hours before a test!

4. Try To Relax
If you have been cramped in your room studying all day, take a break! Do something to relax yourself. Listen to music, go for a walk, or watch your favorite TV show. Take some time off, and when you do, you will be able to study more effectively.

5. Exercise
Exercise is the best way to reduce stress, it also improves memory and sleep. Therefore, make time for a 20 minute workout, go for a run, do some yoga or turn on the music and dance in your room.

6. Eat Well
Eat fruits, vegetables and protein. These keep you energized and help your immune system. Make sure to drink lots of water, too.

REMEMBER, VACATION IS ALWAYS AFTER FINALS!
Happy Holidays,

ARIZONA HOSA

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See You Next Month!