

We spoke with Jamie Dickenson, a Licensed Clinical Social Worker at our clinic, to get insights on mental health, stress, and burnout.



Jamie R. Dickenson, LCSW

La Grande Family Medicine

Many patients seen in Primary Care report increased **stress, burnout, and emotional exhaustion** related to ongoing life demands, financial strain, caregiving responsibilities, health concerns, and difficulty disconnecting from work and technology. A common theme is that many people are functioning in “survival mode” for extended periods of time, often minimizing their own needs until symptoms such as anxiety, irritability, poor sleep, low motivation, difficulty concentrating, or physical health concerns begin to appear.

Stress awareness is an important reminder that mental health is closely connected to physical health, relationships, and overall quality of life.

Small, consistent habits can make a meaningful difference, including maintaining regular sleep and meal routines, spending time outdoors, moving the body regularly, limiting constant news and screen exposure, practicing brief mindfulness or breathing exercises, and staying connected with supportive people. It is also important to normalize asking for help early, rather than waiting until stress becomes overwhelming. Even small moments of rest, connection, and self-care throughout the week can improve resilience and overall well-being.

The goal isn't to feel better. The goal is to live better, and the feeling better often comes as a result. Movement and connection are medicine.

**Want to Learn More About
Our Mental Health Services?**



Call Us Today!

(541) 963-4139

Tick Season in the Pacific Northwest

Learn how to stay safe this summer



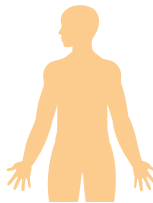
Late spring through midsummer is peak tick activity across Oregon, Washington, and Idaho; especially in tall grasses, brushy trails, and along the edges of wooded areas. Most tick bites are harmless, but a small percentage can transmit illness, and tick-borne diseases like Lyme disease, Rocky Mountain spotted fever, and tularemia have been confirmed in the Pacific Northwest.

Tick Season Tips:

The good news: prevention is straightforward and highly effective.



Stay on the center of trails when possible as ticks typically wait in the brush along edges



Do a **full tick check** within 2 hours of coming inside including scalp, behind ears, waistband, and behind knees



Use **EPA-registered repellents** containing DEET, picaridin, or permethrin (for clothing)



Shower and tumble-dry clothes on high heat for 10 minutes to kill any ticks you missed



Wear light-colored long sleeves and pants when hiking through grass, so ticks are easier to spot.



If You Do Find a Tick Attached, Don't Panic

Remove it promptly with fine-tipped tweezers, pulling straight up with steady pressure. Then watch the bite for 30 days. If a rash, fever, fatigue, or joint pain develops, then it's time to seek medical attention.



Concerned about a tick bite?

Call your local Praxis Health Clinic or visit your local urgent care

Find your clinic at:

[GoPraxisHealth.com](https://www.praxishealth.com)