



Neighbourly News



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Vision, Mission and Values:

- ♦ *Vision: Mental health and wellness in all communities*
- ♦ *Mission: To be a leader in the provision of advocacy, education, research, and client centered recovery based services in the Kenora-Rainy River Districts*
- ♦ *Values: Collaboration; empowerment and self-determination; diversity and social justice; accountability, integrity and transparency; innovation.*

Ky's Korner; Get real, and get loud

**Kyleigh Ossachuk-
Peer Support Worker-
Fort Frances,**

Hey there everyone! Happy to have you back for another edition of the "Neighbourly News" newsletter. This week is a special one, as it is Mental Health Week!

This year, we are celebrating the 69th annual CMHA Mental Health Week, and the slogan is #GetReal about how we really feel.

Is there ever a time where someone asked you "how are you?" and you answer "I'm fine,

thanks"? I think everyone has probably had a moment or several like that.

"I'm fine, thanks" actually is probably so far from the truth; and can sometimes even mean the exact opposite. It can mean you are so excited about something, it can mean you are exhausted, grateful, or just barely making ends meet, and not able to hold it together.

A lot of these feelings are being felt by everyone, every day, especially in

light of the pandemic. So this week, and every other week remember to be kind to yourself, and each other. In these weird, and wild times, we need each other for love, kindness, and support. Take those extra seconds to smile at a friend, family member, or even a stranger. You never know, your smile might be the only one they see that day. Make it count.

Cheers.



Get ready to **get loud** and **#GetReal**

CMHA Mental Health Week **May 4-10, 2020**

Visit mentalhealthweek.ca for info and tools!

Helpful resources over the phone

Need someone to talk to?

8:30am- 4pm. The number to call is 807 274 2042 ext. 4238.

COVID-19 Mental Health support: Cultural, Mental Health, and Wellness Support. This is available Monday to Thursday, 8:30am-4:30pm, and Friday

BHS Crisis line is available Monday-Friday, 8:30am-10:30pm at 807 271 0212.

A sharing circle happens on Mondays & Wednesdays from 6pm-8pm at 1 866 862 7608 and the meeting ID is 8831164.

Please don't hesitate to call if you need to.

Don't forget to get your 40 winks

Sleep plays a big role in your mental health, believe it or not. If you don't get enough sleep, or if you get too much sleep, your functionality during the day will suffer.

If you have had too much, or too little sleep, your thoughts will be foggy, it may feel like you can't stay focused and have a hard time staying on task, among other things. Those feelings can bring on other feelings, and they can heighten depression, which no one

wants or needs right now.

Here are some tips and tricks that everyone can use to help with your sleep:

- try and keep the same bed time and the same wake up time
- Change out of your pajamas and into some comfy clothing
- Brush your teeth, wash your face, and have a shower
- No electronics before bed

- Try and read, or listen to some music to wind down
- Do a little at a time, don't get yourself frustrated
- Make sure you are taking your medications

All of those things are suggestions to help keep you on a bit of a sleep schedule. Everyone is different, so you need to find what works for you, and don't compare yourself to anyone else.

Is Netflix helping or hindering?

Netflix; the answer to all your problems? Or the cause of all your problems?

We all know someone, even our own self, who can turn on Netflix, or any other form of movies or TV, and just sit there all day and stare at the TV. While it is a way to pass the time, it is not the best way to pass the time. Taking in all of the blue light from

"If you are finding yourself stuck in the Netflix vortex, take breaks between shows".

your TV, computer, phone, or tablet actually can stimulate your brain, and make sleeping difficult, and focusing difficult.

So if you are finding yourself stuck in the TV/ Netflix vortex, take breaks between shows. Go outside, get something to drink or eat, stretch, anything that doesn't involve looking at a screen. It will be much better for you in the long run. Not to mention you need to leave yourself a few shows or movies to watch for another time. Save it as a treat for yourself, you deserve it.

What does "fine" really mean?

It's politeness. That's what it has come to. When we say "I'm fine" it usually doesn't mean that. That is just what people say as a courtesy. Do we always mean it? No. And you will find out that most people do it.

What can you say besides "I'm fine?" You can say whatever you want, whatever you are comfortable

with, whether it's positive or not so positive. You can be happy, scared, anxious, joyful, confident, thankful, tired, you can be anything.

If there is anything



that we need right now, it is understanding and acceptance. You don't always have to be "fine". Whatever you are feeling is real, and we can all express our feelings in a respectful manner, and we can be respectful of our peers when they come to us feeling "fine".

Community update

The community of Dryden have been working hard to help everyone during this hard time.

The show of support has been overwhelming in the community. People have decorated their windows and doors to try and spread some cheer. There are some parts of the



community that have gathered to celebrate front line workers, and to just have a little bit of social interaction. Some members have had the chance to go out and check out these happenings in their own neighbourhoods and participate, and feel welcome. They are able to spread their own cheer as well.

If you are doing something like this in your community or neighbourhood, make sure you let people know, so they can share and participate as well. Make sure that if you are doing things like this, that you practice your physical distancing, and always washing your hands, and making sure not to touch your face. Maybe this week you can turn things green for Mental Health week. Spread mental health awareness, not COVID-19.

You are enough

These three words are very important, and they need to be said multiple times a day. This is called an “affirmation”. An affirmation is just a word for positive self talk, and positive self empowerment. They are little words or phrases that you can look at, read, say out loud, and believe.

Write yourself some affirmations on

little pieces of paper, or post it notes, and put them places that you will see them every day. Some people put them on bathroom mirrors, their computers, their coffee pot, anywhere they look. When you see that word or phrase, you read it out loud to yourself, and you believe it, because it is true. You matter, you are loved, you have a purpose. Now repeat that, and remember it.

“You write it, you read it, you believe it, because it’s true.”

Shout outs!

I would just like to take a section of this newsletter to thank EVERYONE. I want to thank the staff for working so hard, and doing what they can to provide services in all of the communities.

I want to thank the members and clients of CMHA- FF for being patient, kind, understanding, and

accepting of everything that is going on right now. We all know it is hard, and everyone is just trying to make things work. So again, thank you.

I want to thank everyone who has helped out in any way, shape, or form, with anything, whether it’s phone calls, taxes, care packages, or starting Zoom meetings. Thank

you for your contribution. Every little bit helps, and we all have come together when it matters most. It takes a village, and we have a pretty good village.

Have a great week everyone! Keep your chin up, and your hands clean. Remember: you matter.

I AM IN
 CHARGE
 OF HOW I
 FEEL AND
 TODAY I AM
 CHOOSING
 HAPPINESS.

SUDOKU PUZZLE

	5		9	2				
3			1				8	
		7	8	5	3	1		
	4	9						
					5		4	7
			2			9		
	7	8	5	1				
2			6					
		3		8			1	2

Answers to last weeks Sudoku:

5	4	6	7	8	2	3	1	9
9	7	2	3	5	1	4	8	6
3	1	8	6	9	4	7	2	5
6	9	4	2	3	8	1	5	7
7	8	3	9	1	5	2	6	4
2	5	1	4	7	6	8	9	3
8	3	9	5	2	7	6	4	1
4	2	7	1	6	9	5	3	8
1	6	5	8	4	3	9	7	2

Spring Challenge



April
 April Fool's Day
 Arbor Day
 awaken
 baby
 baseball
 bee
 bird
 bloom
 blossom
 bug
 bulb
 bunny
 butterfly
 calf
 caterpillar

chick
 Children's Day
 Cinco de Mayo
 cloud
 cocoon
 colt
 daffodil
 dandelion
 dig
 duckling
 earth
 Earth Day
 Easter
 egg
 emerge
 flower

fog
 garden
 gasling
 grass
 green
 grow
 hatch
 insect
 iris
 kite
 lamb
 leaf
 lightning
 lilac
 March
 May

Memorial Day
 nest
 Passover
 picnic
 piglet
 plant
 puddle
 rainbow
 raincoat
 rainy
 roots
 season
 seed
 shovel
 shower
 soil

spring
 sprout
 stem
 storm
 sunshine
 thaw
 thunder
 tulip
 umbrella
 violet
 warm
 water
 weather
 weed
 wind
 worm