

# 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; 5 second rule

### Kyleigh Ossachuk- Peer Support Worker- Fort Frances

"The 5 Second Rule is simple. If you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it."

Do I have any Mel Robbins fans here? If you know Mel, you will know what this is. But for anyone who doesn't know this little trick, let me enlighten you.

The minute you hesitate when you need to do something, count down from 5-4-3-2-1, and then

do whatever it is you need to do. There is a window that exists between the moment you have an instinct to change and your mind killing it. It's a 5 second window. And it exists for everyone. If you do not move towards doing the action, you become "stagnant", and nothing will change.

How do you start? Easy. You just count backwards to yourself. The counting will focus you on the goal or commitment and distract you from the worries, thoughts, and excuses in your mind.

As soon as you reach "1" – push yourself to move.

This is how you push yourself to do the hard stuff – the work that you don't feel like doing, or you're scared of doing, or you're avoiding.

That's it. 5 seconds is all it takes.

Seems easy enough to try right? I have to say that I have never tried this, but it might be worth a shot. At this point, we have nothing to lose except hesitation, and missing out on things that we may have previously missed out on.

## Slow your thoughts

If you are feeling anxious, have a look at this picture. Follow the prompts, and settle yourself. Count to 10, whatever you need to do. We all need help sometimes, and that is ok. I hope that a few of these things can be

helpful for you if you are struggling to get through the days. We are all in this together. Head always up, things will get better. Slow and steady wins the race.



## Spring is coming

Learning with Lisa:

The first day of spring is called the vernal equinox. The term vernal is Latin for “spring” and equinox is Latin for “equal night.”

The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.

On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of

uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.

Spring almost always arrives on March 20 or 21, but sometimes on the 19th. The reason the equinoxes and solstices don't always come on the same day is that Earth doesn't circle the sun in exactly 365 days.

The first day of spring in the Southern Hemisphere is the first day of fall in the Northern Hemisphere.

Easter always falls on the first Sunday after the first full moon after the spring equinox.

The term “spring fever” refers to both psychological and physiological symptoms associated with the arrival of spring, including restlessness, daydreaming... While the exact cause is unclear, scientists believe that increased light, more exercise, and more bare skin influence hormone levels.

## Understanding humour

Points from Philip

We can all be funny sometimes or just plain silly.

Positive humor can be a great tool to make others feel good and even uplift yourself for the day. It can help reduce or buffer stress, express gratitude, hope and even enhance spirituality. It can even enhance learning and lighten the mood and

break the ice. Sometimes when we have been exposed to humor we need time to process or understand the context or background around the humor.

If you have received humor verbally you could ask the individual to explain a little more. And then some people are naturally funny if many things they do and offer a brightness around them, almost like an aura.

Some people are very witty and abrupt and others are very subtle. Not all humor is appropriate and that takes mental ability to filter what is appropriate with your peers, family and friends. So be funny, but not too offensive and lighten and brighten your day!

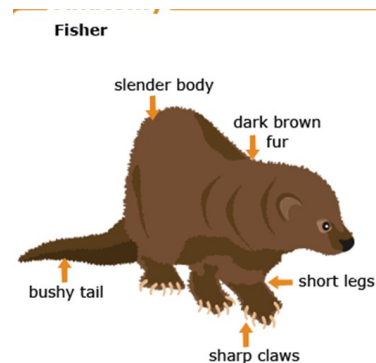
## The Boreal Forest– Animals

Life lessons with Linda:

The fisher is a member of the weasel family and is closely related to martens, badgers, mink and otters. They are only found in North America and can live about 10 years in the wild. The coat on the fisher's body is dark brown with blackish brown fur on its hindquarters. They also have rounded ears and a long, bushy tail. They have a lighter,

cream coloured bib on their chest.

Fishers have short legs and strong, large feet with hairy soles. They have sharp and partially retractable claws on each of its five toes like a cat - making them agile and excellent climbers. Fishers have highly mobile ankle joints that can rotate their hind paws almost 180°, allowing them to maneuver well in trees and climb down head-first.



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## Change is good

Reality check with Reece:

Dear readers, instead of Zoom Zone, I thought I would share my experience with Change.

Recently I was afforded the opportunity to take some vacation time, and I am grateful for it. During this time, as we are not recommended to travel anywhere, I was not able to travel anywhere warm over the holiday. I did however heed the advice that “a change is as good as a rest”.

I would like to share this with you because we could all use some rest, but more importantly, maybe change is something that you are needing? Being patient with yourself and others and taking the opportunity to make changes in your life.

I will share one of my changes, of several that I made. For the season of Lent, I decided (with the suggestion from my mother), that I give up social media for the 40 days. For those of us who know me well, I can be a big Facebooker, constantly posting things.

While I try to keep my story neutral yet inspiring, I find myself scrolling endlessly and wasting a lot of time on social media. This change came as a great relief... I was less stressed out and happier; I even spent more time doing others things and finding new passions.

All in all, I recommend change in your life as a way to destress, find peace and happiness, and with that, some rest in the form of refreshment from doing something different. Thanks.

## S.M.A.R.T Goals

A minute with Marilyn:

Setting goals and achieving them is one way to improve your self-esteem and participate in your own healing process. The SMART acronym describes the qualities your goal statement should have, to make you more likely to succeed.

S: SPECIFIC – Use action verbs to describe exactly what you will do. Break the goal into small steps.

What is the action?

M: MEASURABLE – Use numbers to define how you will know when you are finished. What is your measurement? Examples: How many pages will you read? How often will you do relaxation?

A: ACCEPTABLE – Is this goal acceptable to you? Do you really want to achieve this goal? Why is it important to you?

R: REALISTIC – Can it really be done? Given limitations of time, money, space, resources and your energy.

T: TIME FRAME – When will you start? When will you finish? How long will you spend working on it?

## Questions to ponder

Jill’s corner:

If tomatoes are a fruit, does that make ketchup like a smoothie?

Doing laundry I noticed that the cover of my ironing board was wrinkled, and I laughed at the irony. Then I laughed again because of the word irony!

It amazes me how exercise and extra fries sound so much alike.

I dig, you dig, we dig, he dig, she dig, they dig....it’s not a beautiful poem but it’s deep.

If we’re not meant to have midnight snacks, why is there a light in the fridge?

Why are you “in” a movie, but “on” “T.V”?

If you work as a security guard at a Samsung store, does that make you guardian of the galaxy?

So is macaroni and cheese “mac” because it’s short for macaroni...or is it because “mac” is an acronym for macaroni and cheese.

Apple has “air” amazon has “fire” google has “earth” I think Microsoft should create something called “water”

**Your "To Do" List for today**

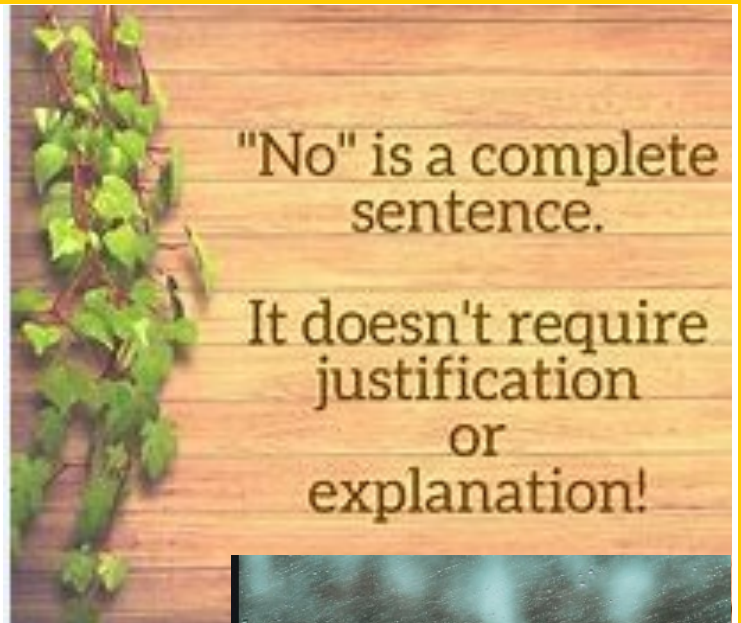
- Count your blessings
- Practice kindness
- Let go of what you can't control
- Listen to your heart
- Be productive, yet clam
- Just breathe
- Get some fresh air
- Reach out to someone

**Daily Sudoku**

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

Pay attention when people react with anger and hostility to your boundaries. You have found the edge where their respect for you ends.

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He who has health, has hope; and he who has hope, has everything.

- Thomas Carlyle



You can't pour from an empty cup

TAKE CARE OF YOURSELF FIRST

*I believe in you*

## If "IF" Were Gone

If "if" were gone,  
Our private world would grow calm,  
Relieve the worry, the anxiety,  
Of questions to which there are no desired answers.  
Reality becomes more clear,  
When our minds live in the moment,  
And not in fear.  
"If I do this...," "If I had done that...,"  
Scenarios play out, the wheel begins to spin.  
"If only this would happen," "If only that had happened,"  
Spins the wheel faster, feeding a false narrative,  
Setting aside a clearer focus.  
The past is done, it cannot be undone.  
Mistakes can be corrected, and lessons can be learned.  
The future has yet to arrive, it cannot be known.  
Forecasts can be made, as too are plans,  
Subject to change, much like the wind.  
The "ifs" keep that wheel spinning,  
The spin cycle is fuelled by fear,  
Should we change one word,  
That spin cycle in the mind could slow,  
Allowing us to breathe, Become calm,  
And able to clearly think.  
"Should", as a word,  
Offers clarity to those scenarios,  
And points in the direction,  
Of solutions.  
"If" leaves us wondering,  
Inviting fear of the unknown to the table.  
"Should" offers hope, Inviting rational thought and options.  
Crises intensify the spin cycle in the mind,  
Pushing out rational thought, Or rational behaviours.  
Slow down, breathe, Rephrase your thought.  
When "should" steps in, And "if" is given the boot,  
Choices arrive.  
The choice to clearly see the situation faced,  
The choice to understand the solutions,  
The choice to decide,  
The choice to release anxiety,  
The choice to visit calm,  
Should you choose.