

# 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; name it, don't numb it

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

Happy Mental Health week 2021! I hope everyone has had a good week so far.

As we bring awareness to Mental Health Week, I saw a sentence that really made me think today. It said "Name it, don't numb it". That could mean anything to anyone, but it kind of rings true to what we aim to accomplish here at CMHA, you don't need to go through things alone. You can always ask for help, your feelings are real.

When things get tough, it is so much easier to handle if you have someone that you can trust, and that you can turn to, and someone that you can ask for help. Sitting alone with your own thoughts can be awful, upsetting, and terrifying for people. Trying to manage alone, trying to sweep it under the rug, trying to numb it, it only makes it worse.

This is where the "name it" comes into play. Mental health is something that we all need to be aware of, and something that we all have struggled with at some point in our lives.

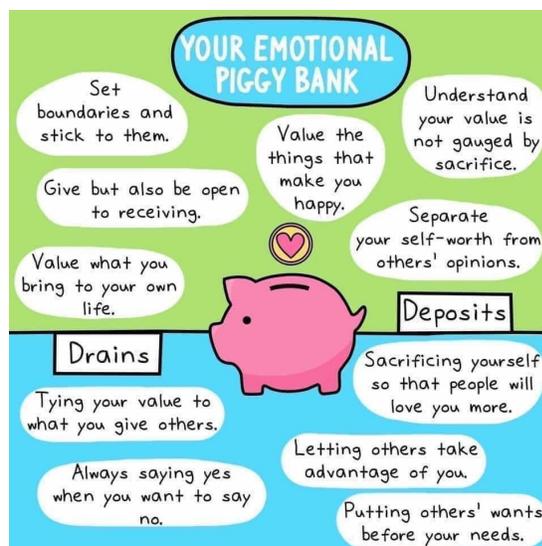
Whether you believe it or not, there is always someone in your corner that will do anything to help you. People around you want to see you succeed, and be great. You have things to contribute to this world. Goals, ideas, information, etc.

If you need someone, and you think you don't have anyone, you can always reach out to us here at CMHA. We will always do our best to help you, and support you.

Always choose love, and kindness.

## Lockdown update

Ontario is still under a lockdown/ stay at home order. Please respect that, and only leave your home if it is essential. Cases are rising across the district. We all need to be careful, and stay safe. Wear a mask, and wash your hands.



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# The power of music

Jill's jabber

What can music do for you on a daily basis? Check out these tidbits of information on the many benefits of music in your daily routine.

- 1-Improves mood: studies show listening to music can benefit our wellbeing and improve our mood.
- 2- Reduces stress and Anxiety: Listening to relaxing music can help relieve stress and anxiety.

3-Improves exercise: music can boost our energy levels and get us feeling up to getting up and moving.

4- Improves memory: Research shows that the repetitive elements of rhythm and melody help our brains form patterns that enhance memory.

5- Provides comfort: Music has been used to help comfort by hearing a song or sound that brings a good feeling or a memory.

6-Its heart healthy: Research has shown that blood flows more easily when music is played, it can reduce heart rate, lower blood pressure, decrease cortisol and can increase serotonin and endorphin levels in the blood.

So do yourself a favour, and turn on some music during the day and take in some of these benefits. Sing, dance, do what you need to do to get the positive vibes flowing.

## Contact tracing

Points from Philip

Helping with possible contact tracing of covid-19 exposure can be as simple as writing down on a wall calendar the day, time of day and location you went each week. Just in case of exposure and then you have simple record for your own safety and the safety of others.

This can greatly help with how overwhelming contact tracing can become with trying to remember all the places you went in the event a health nurse contacts you or if you are getting tested for the coronavirus.

Writing things down, and really limiting the places you go, and the people you see can really help with contact tracing, and lowering your exposure rate.

We all need to be very careful, and very aware of what we are doing in a day. Stay home, social distance if you need to go out, wear your mask, and wash your hands.

Remember we are all in this together and have a part to play!

Take Care- Philip

## Mindfulness- a series (Part two)

Life lessons with Linda:

**Meditation:** Sit in a comfortable spot, and begin paying attention to your breathing. Notice the physical sensation of air filling your lungs, and then, slowly leaving. When your mind wanders-and it will-simply notice your thoughts, and turn your attention back to breathing.

**Mindfulness Walk:** While walking, make a point to practice

mindfulness. Start by noticing how your body moves and feels with each step. Then, expand your awareness to your surroundings. What do you: hear, see, smell and feel? You can use this technique during other activities.

**Body Scan:** Pay close attention to the physical sensations through your body. Start with your feet, and move up through your legs, abdomen, chest, back shoulders,

arms, hands, neck, and face. Spend 15 seconds to 1 minute on each body part.

**Five Senses:** Make a conscious effort to notice the present moment through each of your senses. For example- 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell and 1 thing you taste. This could make you feel good! Try it out!

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## Food for thought

“How much time do you spend thinking?”

Some people like to think more than others. Personally, for close to 10 years I've embraced my inner mind. Our thoughts are a system that can generate our emotions, our feelings, our behaviours, and even our physical movement! It's important to look after our thoughts, and our minds.

This week will mark Mental Health Week! It may take a little bit of discipline, but being authentic and looking after your head can be the

most beneficial and rewarding endeavor you ever partake in. These days, I practice common sense to stay present. Can you tell?

This month, Zoom Drop in groups have been transformed into Healthy Head Spaces. Come join us for some fun and a spot to take care of your mental health!

Here's a picture of some digital art I like to make using an App on my iPhone called Photoleap. Thanks! Let's #GetReal!”

- Reece



## Stomp out stress

A minute with Marilyn:

Dealing with stress; who wants to do that? It's not fun, it's not something we want to do all the time, but it is a reality, and we have to.

Part of life is dealing with stress, especially this last year. There is no such thing as a stress-free life. Here are a few tips to help reduce stress:

You are here: Accept where you are and go from there.

Don't try to please everyone: Leave something for yourself.

Stress can be an energizer: Harness that energy and focus on a task.

Be active: Look for ways you can start to make some plans, or set some goals for yourself.

Laugh: Look for opportunities to

laugh- laughter is great therapy.

Take charge of yourself: You can't control other people's actions.

Relax: Create quiet time, meditate or listen to music.

Give yourself a break: Pause and do something for yourself.

You are not alone: Talk to someone you trust.

## Happy National Hand Hygiene day!

May 5th is National Hand Hygiene day! And boy oh boy, we can never get enough education and awareness on proper hand hygiene in this day and age.

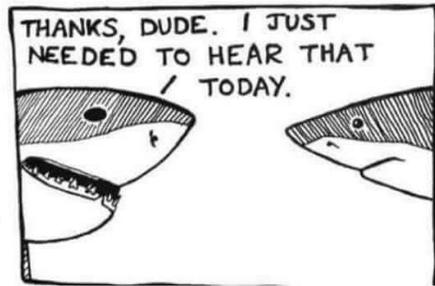
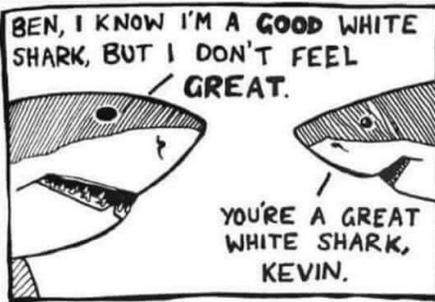
We are constantly being told to wash our hands, and use sanitizer, and so on. Believe it or not, it actually helps with the spread of germs, it's science, and it's RAD!

You can use hand sanitizer if you are out somewhere, like the grocery store, or at an appointment, and you aren't able to get to a sink to do a proper handwash. However, when you have used sanitizer 3 or more times, it is time to do a real handwash.

You need to wash your hands with soap, and warm water, for no less than 30 seconds, and make sure that you are getting all the surfaces of

your hands. Palms, fingers, finger nails, in between your fingers, and up to your wrists. Doing this for 30 seconds will greatly reduce the amount of germs on your hands, and that will greatly reduce the spread of those germs.

Wash your hands, use sanitizer in between, and keep doing your part.



## Spot the difference



## FIND THE 5 DIFFERENCES

## Sudoku

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

# Great Outdoors

## Word Search Puzzle



S Q U I R R E L D C N R X Z J C R  
W I L D L I F E E L A T S G I E S  
H P N D V M C K D N J N N M M C C  
I Q L S F D A S O K S I O M W T E  
Q M L K N L O O J D P O U E A F N  
I K P Z Q N C F R M T S B Q T I E  
R J M M M C O I A R E B A T E S R  
V K A Y A K B C L A S A H H R H Y  
W I B R B C J P R N F C I B F I O  
F H H M E H B E I G O K K O A N Z  
R X D V A H E A V E R P I Z L G Z  
M T S Q R D T N E R E A N X L D U  
S R K I S N R U R X S C G M R Q T  
H A K H U X N X N W T K L V G B R  
Q I C O N D R B Z F Z N A T U R E  
W L M W I L D E R N E S S W P H E  
K S M V Q K V E H P V I I T G P S



BACKPACK

BEARS

BIRDS

CAMPING

CANOE

DEER

FISHING

FOREST

HIKING

KAYAK

LAKE

MOUNTAINS

NATURE

RACCOON

RANGER

RIVER

SCENERY

SQUIRREL

SUMMER

TRAILS

TREES

WATERFALL

WILDERNESS

WILDLIFE