

CC WELLNESS

How quickly life has changed!

The last month has certainly changed our lives, changed our schedules and changed our culture! More than ever we have been presented with time to reflect and decide what serves us in our lives. We are all awaiting life to regain some normalcy and now is the time to decide what aspects of life we want to return to or what we can cut, what added to chaotic living and what contributed to our wholeness. May is mental health awareness month and we also challenge you to **SELF CARE**, yes, again **SELF CARE!** Did you make goals when the social distancing came into full effect and you knew more home time was coming? Our guess is yes, you did, many of us did. These goals were often rooted in actions that contribute to our selves becoming more organized, more efficient and healthier. Time to revisit those goals and meet some self-care actions.

We have a new challenge for **you!** This challenge involves tuning in to your body, listening to what you need and setting aside time and space to care for your mental wellbeing. We will be purchasing gift cards to local businesses, scores of them and each person that turns in a self-care calendar will be entered to win. The self-care calendar will be filled in by YOU, at least 4 days a week, minimum of 15 minutes per day. EASY and you are so worth taking the time to engage in loving on yourself! **Attached you will find a calendar explain to go about entering the challenge!**

Drink water. Meditate. Moisturise your skin. Eat juicy fruit. Take long showers. Listen. Stretch and breathe. Sleep more. Dream. Read good books. Keep learning.

How to Protect your Mental Health during the Coronavirus!

Maintain a Routine – If you are not used to working from home, you may find the transition challenging. Creating a new teleworking routine will help you get into the right mindset, feel more productive and keep the boundaries between work and home from blurring.

It may be tempting to work into the night, sleep in and log onto your computer from your bed. This is not a good idea! Instead, stick to a regular bedtime and waking schedule. Shower and dress in the morning and keep normal working hours if you are not required to be on-call. You don't have

to put on a suit but wearing casual Friday work clothes instead of sweats will serve as a cue to start the workday.

Designate a work area. Even if you are quarantined in a tiny studio apartment, you can set up a home office on a snack tray in a corner. If you normally watch TV or scroll through social media while sitting on the couch, you may get distracted if you try to work from the same location.

Other tips are taking reasonable precautions, but don't go overboard, find ways to get yourself going each day and stay motivated, stick to consistent mealtimes, follow your regular mental health treatment plan, practice mindfulness and acceptance techniques and be kind to yourself.

A vast body of research has shown the value of self-compassion for coping with emotional challenges and adversity. To ease feelings of isolation, acknowledge your struggle with kindness, rather than self-judgement, and recognize that millions of people world-wide are sharing your experience right now.

This time is challenging for everyone. But you don't need to compound the difficulties by neglecting your mental health. If you follow these suggestions, you can face this crisis – you may even come out of it stronger in the end.

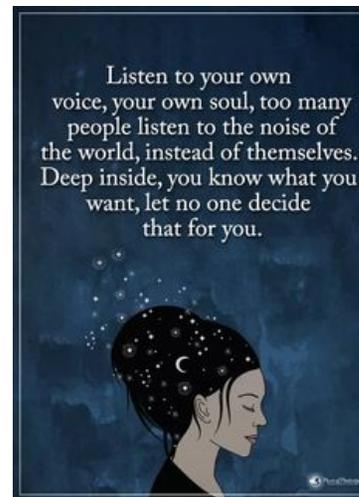


Creamy Cucumber Salad- Enjoy this simply dish as a side or center stage for a nice light but satisfying treat!



½ C. Sour Cream; ¼ C. Chopped Dill, 2 T. White-Wine Vinegar, 1 T Olive Oil, ½ tsp Salt, ¼ tsp Pepper, 2 English Cucumbers halved and sliced thin, 1/3 C. Sliced Red Onion.

---Whisk together the first 6 ingredients, pour over chopped cucumbers and onion, toss to coat! Enjoy!



Self-Care Ideas

For when you're short on time

- Listen to music
- Go for a walk
- Watch something easy-going
- Colour
- allow yourself a treat
- Listen to a positive podcast
- Meditate
- Just Rest
- look at photos (that make you smile)
- Turn off your phone
- Pamper yourself
- Read a book