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Bell Let's Talk Day is January 26

Did you know, according to the Mental Health Commission, on any given week, more than 500,000 Canadians are unable to go to work due to mental health problems? Have you experienced this in your workplace? I would encourage employers to have a Workplace Mental Health Strategy that includes the 13 factors of the National Standard for Psychological Health and Safety in the Workplace. When considering each factor, read the definition, and then come up with action plans that make sense for your workplace. You will see a return on your investment. Take small steps to make positive changes today!
Laura Kusko, HashtagBalance.ca

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Acupuncture for Back Pain

Chronic back pain can often be caused by things like muscle or ligament strain, bulging or ruptured discs, arthritis, osteoarthritis, spinal stenosis, or osteoporosis. Anyone can develop chronic back pain at any age, and factors like lack of exercise, excess weight, disease, and physical injury can increase your risk. Acupuncture may help to lessen symptoms of chronic back pain by unblocking energy and restoring your body's energy and flow. Studies have shown that acupuncture may improve chronic pain by reducing the brain's response to the pain, as well as improving blood flow to the area causing pain. *Dr. Priscilla Kerr, Prairie Medical Acupuncture Clinic, WinnipegAcupunctureClinic.ca*

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Career Counsellors/Vocational Rehabilitation Consultants help people navigate work, education, learning and life transitions. We develop and execute vocational rehabilitation and return-to-work plans with the purpose to achieve vocational and avocational outcomes. Our services are for all individuals whether you have a disability or not—our service philosophy is the same—to help you overcome barriers in finding employment. Oftentimes, clients arrive lacking sleep, are anxious and stressed, experiencing mental health issues and dysregulation. Providing mental health therapy helps encourage movement towards occupational choices, preparation for job search and interview success to result in goal achievement.
Jo-Ann Trudeau & Linda Pleskach, Career Counsellors, SafeHarbourTherapy.com

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Make the Most of New Year's Resolutions

If you're planning to adopt a healthier lifestyle this year you need to know an important fact - no matter what stress handling techniques you use, how well you eat, or how much exercise and sleep you get, to achieve your goals and get the most out of your efforts, your body must be functioning optimally. That is why it is important to find out if your body is lacking the crucial nutrients needed to properly function. Specialized nutritional testing can help you get the answers you need to improve your health and make your New Year's resolutions a reality.
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Medications & Your DNA

Did you know that your unique genetic profile can determine how your body processes certain medications? For some people, they may metabolize drugs too quickly and as a result, get little or no benefit from a particular medication. For other people, they may metabolize medications too slowly and as a result, have an increased risk of side effects. Genetic testing can help to personalize your treatment by using genetic information to customize drug therapy and the doses that work best for you. As your DNA does not change, the testing only needs to be performed one time. *Amit Thakkar, Pharmacist, Millennium Medical Centre & Pharmacy, MillenniumMedical.ca*

Book Club: Set Boundaries, Find Peace

A Guide to Reclaiming Yourself by *Nedra Glover Tawwab*. Healthy boundaries. We all know we should have them--in order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships. But what do "healthy boundaries" really mean--and how can we successfully express our needs, say "no," and be assertive without offending others? *Nedra Glover Tawwab* demystifies this complex topic.

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Limited Mobility? How to Avoid Boredom

Hobbies are a great way to keep your mind engaged and prevent boredom. Activities that don't require a lot of moving around include cooking, baking, birdwatching, knitting, crochet, indoor or container gardening, playing a musical instrument, or learning a language. Reading is also a fun way to spend time and keep your brain engaged whether you choose books, magazines, an e-reader, or listening to audio-books. Organizing a book club with friends combines the joy of reading with socializing. What interests and hobbies did you have before that you might try again?

Dealing with Addiction?

When you are ready to take back control of your life, we can help. SRWC has been helping people get and stay sober for 25 years. We are open-minded, non-judgmental, and we help people enter a life of recovery from substance use, addiction, and other mental health issues. We are a diverse group of professional staff and volunteers, committed to providing personalized, ongoing recovery support. Our groups, individual counselling and day or evening programs are designed to fit your schedule.

Dealing with Stress at Work

If you are experiencing work-related stress, consider these strategies: **1) Exercise regularly.** This helps your body build resilience to stress. **2) Focus on your breathing.** Breathe slowly and evenly. Focus on what's going on in your body as you inhale and exhale. Remember, what you are experiencing is temporary. **3) Understand what you can and cannot control.** Work on changing the things you can. **4) Practice accepting the things you cannot change.** You can still change how it affects you, and how you respond to it.

There are no "High-Functioning" Alcoholics

Do you know someone who thinks they are a "high-functioning alcoholic"? Alcoholism is progressive, so they are likely in the early stages. They won't stay there forever. Over time, they will need to drink more to feel the same effects. This will progress until they are no longer "functioning" as they once were. The longer they wait to cut back or stop drinking, the harder it is to change. It is never too early to be aware of how alcohol or other drugs are affecting your life and start making changes.

Understanding the Stages of Change

Whenever someone changes to a healthier habit, they go through several stages of change. Knowing these stages can help you achieve your change goals. **Pre-Contemplation:** This is before you see it as a problem or are motivated to change it. **Contemplation:** You are aware of the problem but still deciding whether to change. **Preparation:** Willing to change and making plans. **Action:** Do the plan and intentionally choose new habits. **Maintenance:** Sustain the new habit with increasing less effort over time (6 months). **Slip:** Brief return to previous habits. Can happen anytime. It is a natural part of the process.

No Patience for Meditation?

Not everyone has the patience for meditation. You may want to practice mindfulness in your daily activities instead. Try these tips today. **Mindful Walking:** Take your time. Notice how your body moves while you walk. Notice the sights, sounds, and smells as you walk. **Mindful Eating:** Instead of snacking mindlessly, pay attention to your food. Take note of the smell and the taste. Notice the colour, temperature, and texture. **Mindful Chores:** Whatever chore you do next, pay attention to how your body feels when you are doing it. Bring your awareness to the temperatures or textures you feel.

Celebrate Recovery!

If someone you love is recovering from alcoholism, addiction, or other mental health issues, there is a way to celebrate. **SRWC Wellness Centre:** Your HELP is vital to saving lives. Be a HERO today. Everything makes a difference! **You can donate** by calling Candace at 204-956-6650 ext. 104, or mailing 2nd floor, 225 Vaughan St. Winnipeg, MB, R3C 1T7. Gifts can also be sent through our website at srwc-mb.ca

Words to Live By

"No matter how hard the past is, you can always begin again."
~ Jack Kornfield

"There are greater things to be achieved in every New Year, and each and everyone must prepare themselves to be great, not by words of the mouth, but by a lot of sacrifices."
~ Michael Bassey Johnson

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