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MARCH 2022
Workplace Wellness

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Neurofeedback for Symptom Management

Neurofeedback is an option once again at **Safe Harbour Therapy!** Nancy Champagne will be offering **NeuroOptimal®**, an Electroencephalographic (EEG) Neurofeedback technology that enables you to train your brain to be more flexible (or resilient) by encouraging it to change itself. As a result of this neuroplasticity, **NeuroOptimal®** can train the brain towards optimal functioning, thus helping to reduce undesirable symptoms and often enabling you to perform more optimally in your life. **NeuroOptimal** can benefit all brains from newborn to elderly. High functioning executives to those struggling with anxiety/depression, PTSD, insomnia, ADHD, stress, chronic headaches/pain/fatigue, TBI, cognitive decline. This non-invasive alternative to mainstream treatments may be of benefit to you. *SafeHarbourTherapy.com*

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Daily Routine Struggles?

Dopamine, our motivation chemical, is highest in the morning. That's why it can be helpful to tackle the "hardest" things first and set up a dopamine wave early in the morning. Have a morning routine consisting of discipline-building behaviours - a cold shower is perfect, as it is uncomfortable. Once you overcome an obstacle this big, the other "hard" tasks seem easy in comparison. Other examples are a morning workout or meditation session. This can help you face everything your day throws at you, big or small. Life is won with a series of decisions that build on each other!

Amit Thakkar, Pharmacist, Millennium Medical Centre & Pharmacy, MillenniumMedical.ca

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Acupuncture for Insomnia

Sleep deprivation can play a role in the body's inflammatory process, potentially increasing inflammatory molecules like cytokines, interleukin-6, and C-reactive protein (an inflammation marker that's often elevated in people at risk for heart disease and diabetes). Chronic inflammation can lead to the development of diabetes, stroke, heart disease, Alzheimer's disease, and cancer. Studies have shown that acupuncture may help to improve insomnia symptoms, total sleep time, and sleep efficiency, as well as symptoms of conditions that can affect sleep, such as restless leg syndrome, sleep apnea, pain, anxiety, and depression. Improving sleep may help to decrease inflammation in the body. *Dr. Priscilla Kerr, Prairie Medical Acupuncture Clinic, WinnipegAcupunctureClinic.ca*

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Random Acts of Kindness

Research shows that supporting others will help you feel connected and give both you and the person you are helping a healthy dose of oxytocin supporting overall mental well-being. **So try one of these suggestions to be well:**

- Write a short letter of gratitude to someone, set up a time to meet them and read it to them.
- Buy an order for the person behind you in the drive through.
- Make a friend/colleague a meal.
- Do an unexpected chore for a family member, colleague, or friend.
- Give someone a book that you like.
- Leave a "Have a Great Day" note on a neighbour's car.

Victoria Grainger, WellnessWorksCanada.ca

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Good Nutrition & Digestion = Good Health

No matter how clean, organic, and healthy you eat, if your body isn't able to digest, absorb, and process essential nutrients properly, you are not benefitting from your efforts. To do this, your stomach needs to fully digest, your intestines need to completely absorb, and your liver needs to properly process the food you eat. One of the simplest ways to correct and improve any issue you may have with the digestive process is through nutritional testing. If a weakness is found in a specific organ, nutritional supplementation can be added to your diet to improve the digestive process and in turn, help you benefit from your wise choices.

Centre For Alternative Healing, AltHealing.ca

Words to Live By

"Our food should be our medicine and our medicine should be our food." ~ Hippocrates

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ST. RAPHAEL WELLNESS CENTRE
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Who is SRWC?

The St. Raphael Wellness Centre is a unique, welcoming, recovery-oriented community, accompanying individuals, families and friends affected by substance abuse in their journey towards recovery. We offer, group individual, couples, and family counselling and education programs during the day and evening. We also offer co-ed and gender specific programs and support for individuals and their families. The **Access Program** for those awaiting a program of their choice, **Exploring Options** participating in a recovery plan, gender specific **Continuing Recovery Program**, or our co-ed evening **Work Sober Program** focusing on recovery maintenance. We support your recovery by helping you find the services you need. St. Raphael Wellness Centre, srwc-mb.ca

Driving While Impaired

Impaired driving is the leading cause of criminal death in Canada, and the #1 cause of death of Canadian youth.

Driving Under the Influence (DUI), is the term used in Canada since 1921, to describe the criminal offense of operating a motor vehicle, while the person's ability is impaired by alcohol or drugs.

Driving While Impaired includes: Swerving and weaving; jerky, sudden movements, failure to follow traffic signs and signals, tail-gating, or mishandling of vehicle equipment. The two terms can refer to the same offence, or the state you were in when you were pulled over.

Driving Impaired in Manitoba: The legal consequence for driving while impaired, or registering .08 or over on a breath or blood test is as follows:

- 1st offence – 1 year suspension,
- 2nd offence – 5 year suspension,
- 3rd offence – 10 year suspension, and a lifetime suspension for 4 or more charges for impaired driving within a 10 year period. You will also receive 10 demerit points on your license from the Motor Vehicle Branch.

Refusing a Breathalyser: If you refuse a breathalyser, the penalties are more severe:

- 1st offence – 2 year suspension
 - 2nd offence – 7 year suspension
 - 3rd offence – 10 year suspension, forfeiture of your vehicle.
- St. Raphael Wellness Centre, srwc-mb.ca

Motor Vehicle Accidents

If your car is in an accident you can legally be held responsible for the damage or injuries others claim against you – even though you were not driving, or in the car at the time. If your BAC registers .08 or you have a blood test result that exceeds .08, it is punishable under the Criminal Code. If another person is driving your car while intoxicated, and the person was in an accident you are not covered for the damages and injuries to the individual driving. Nor, are you covered for the damage or injury to the other person.

St. Raphael Wellness Centre, srwc-mb.ca

Care and Control

If you are intoxicated and asleep in the car you can be charged with Care and Control of your vehicle as long as you have the keys within your reach. If you are intoxicated and need to pull over – use the back or passenger seat, and have the keys locked in the trunk, with no way to have access to them. It is also a Criminal offence to refuse to comply with law enforcement orders when they are demanding a breath or blood sample. Your vehicle will be towed to the nearest compound, and liable for the cost.

St. Raphael Wellness Centre, srwc-mb.ca

Gender Differences in Metabolism

These differences – 25% less body water than men, and less enzymes in their stomach and liver to break down alcohol in their system, means that alcohol goes through a woman's system undiluted, and in higher concentrations. Research has shown given a man and a woman, both the same weight and physical condition, and given 3 standard drinks of alcohol in an hour – **women consistently show a higher BAC level than the man.** Women are often the designated drivers and if she consumes 2 or more standard drinks, she could show an elevated blood alcohol level of .08 and above.

St. Raphael Wellness Centre, srwc-mb.ca

YOU ARE NOT ALONE.

If you have any questions, regarding substance use or mental health support, please contact us.

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