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Prairie

Validating Your Own Feelings

Being as compassionate to ourselves as we are to others will rewire a new way of responding to our world. In order to maintain choice in our life, it's important to consider practicing self-compassion. **This might sound like:** 1) My feelings are normal and valid. 2) My reaction to my life may be different than others and that's okay. 3) I can learn to voice my feelings. 4) I can learn to create and practice healthy boundaries. To learn more about practicing self-compassion, **listen to the full podcast by Julie Long**, Founder and Counsellor at Safe Harbour Therapy Centre: <https://www.safeharbourtherapy.com/97-validating-your-feelings-with-julie-long/> Safe Harbour Therapy, [SafeHarbourTherapy.com](https://www.SafeHarbourTherapy.com)

Acupuncture for Mental Health

Health Canada reports that suicide accounts for 24% of all deaths among 15 to 24-year-olds and 16% among 25 to 44-year-olds. Depression and anxiety can affect anyone, regardless of age, gender, race, or socioeconomic status. Studies have suggested that acupuncture might help with symptoms of anxiety and depression as part of a multi-faceted wellness plan. In **Traditional Chinese Medicine**, acupuncture is thought to allow life energy (qi) to flow, which is often explained in modern medicine as a possible release of endorphins. This can potentially help with underlying issues that may cause anxiety and depression, including grief or pain.

Dr. Priscilla Kerr, *Prairie Medical Acupuncture Clinic*, [WinnipegAcupunctureClinic.ca](https://www.WinnipegAcupunctureClinic.ca)

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Celebrate Mental Health Week with Empathy

May 2-8, 2022 marks the 71st CMHA Mental Health Week and this year's theme is all about empathy. The pandemic has had a significant effect on our mental well-being leading to reduced overall civility and respect at work. Empathy has now been touted as the most important skill we can have to support each other. Ways we can practice empathy to support ourselves and others are by listening to understand, not replying, only offering help if asked, and not putting a silver lining on things. For more organizational well-being resources, visit our website. *Victoria Grainger, WellnessWorksCanada.ca*

Allergy Season Is Back

Many people suffering from head pressure, itchy eyes, and a runny or stuffy nose this allergy season will find only temporary relief, or no relief at all, from over-the-counter remedies. **Alternative approaches, such as nutritional supplementation and Biofeedback focus on more than just symptomatic relief.** They enable the body's ability to remove existing allergens embedded in the sinus tissues, thereby minimizing the histamine and inflammatory reactions. This stops the over-production of mucus that the body makes to try and push the allergens out. Take a different approach this allergy season – treat the cause, not just the symptoms.

Centre For Alternative Healing, AltHealing.ca

Nature Coaching

Nature Coaching is an approach developed in connection with nature. Coaching sessions are carried out in the natural environment. This generates relaxation and enjoyment for the Coachee through sounds, scents, and visuals. **Research shows that nature positively impacts our well-being.** It helps you feel centered and aligned with your needs, values, objectives, and actions. It strengthens your decision-making skills and self-esteem. You feel more yourself and discover your uniqueness. The role of the Coach is to unite you with the natural elements around you, either created indoors or outdoors, to facilitate expanded awareness, observation, listening, and general connection to nature.

Laura Kusko, HashtagBalance.ca

May Brain Teasers

- 1) What is full of holes but can still hold water?
- 2) What can you hold without ever touching or using your hands?
- 3) What has a mouth, but cannot eat; moves, but has no legs; and has a bank, but cannot put money in it?
- 4) What is yours to own, yet others use it more?

TAKE A DIFFERENT APPROACH THIS ALLERGY SEASON - TREAT THE CAUSE, NOT JUST THE SYMPTOMS.

Nutritional Supplementation enables the body's ability to remove existing allergens imbedded in the sinus tissues, thereby minimizing the histamine and inflammatory reactions. This stops the over-production of mucus that the body makes to try and push the allergens out.

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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. We support your recovery by helping you find the services you need.

Marijuana (Cannabis)

Although Marijuana was one of the most widely used illegal drugs in Canada, there was only limited research on the prevalence of Marijuana use, and its effects before it became legalized in Canada. The legalization of Marijuana served to reinforce the belief that there was no health risks associated with using Marijuana. Although medical research has now identified a number of health risks with the use of Cannabis, knowledge about the potential risks of use during pregnancy remain largely unknown by the general public. This article addresses the effects of Marijuana on the fetus, infants, and childhood development.

PREVELANCE OF USE: Marijuana is the most common psychoactive substance used by women of child-bearing age, and the most commonly used drug among pregnant women. On average THC levels are 7 times higher, than in the past, increasing the harmful effects of Marijuana.

MYTH: It is a commonly held belief that the Placenta which provides nutrients and oxygen to the fetus through the mother's bloodstream **does not cross the placenta.**

FACT: THC rapidly crosses the placenta. Also Marijuana can stay in the mother's body for weeks, depending on the strength, how often it is used, and the mother's metabolism.

Health Effects of Marijuana Exposure to Unborn Fetus: While some mothers might use Marijuana to treat the negative symptoms of pregnancy, such as morning sickness, and pain, the latest research shows that no amount of Marijuana is safe during pregnancy. The effects of Marijuana can be passed onto the fetus through the placenta. Research has indicated that infants exposed to Marijuana in the womb, when compared to mother's who did not use Marijuana during pregnancy, found that it effected the baby's mental and physical development, as well as higher risks of being born too small and too early. Fetal growth is an important sign of the baby's wellbeing.

Cannabis Exposure in Breastfed Infants: Breastfeeding is an ideal choice for infants, but if the mother is using marijuana – risks outweigh the benefits. THC is a fat soluble liquid, which goes through the mother's bloodstream, and stored in body fat, resulting in high concentrations in the brain and body. **THC accumulates in the mother's breast milk and may produce severe cognitive and behavioural consequences.** Infant may also show signs of sedation, reduced muscle tone, poor sucking response and digestive issues. Other effects include; irritability, excitability, exaggerated startle responses, and diminished crying in newborns. Some studies have found decreased motor development at 1 year of age.

How Can I Protect My Child? There is **no safe use** of Marijuana in any of its forms: Ingested, smoked, or topically applied while pregnant, breastfeeding, or around children.

- 1) Keep your home free of second hand smoke
- 2a) Do not smoke Marijuana in the car, or other enclosed spaces
- 2b) It is illegal in MB to drive while impaired by Marijuana
- 3) Keep all Marijuana-foods and drinks out of reach of children.
- 4) Call 911 if you think your child has eaten or inhaled Marijuana.
- 5) Check out the NEW About Kids Health Poison Hub
<https://www.aboutkidshealth.ca/poisonprevention>

Recovery Support for Women

SRWC offers **Specialized Recovery Support for Women with Children.** For women with at least one month of stable recovery, this program offers opportunities for reuniting and bonding with their children, and to help them provide a safe environment for their children. The program includes practicing mindfulness, medicine walks, exercise, artistic expressions, picnics, play time, etc. Participants are also offered help navigating systems such as E.I.A., housing, transportation, returning to work, and C.F.S.

YOU ARE NOT ALONE.

If you have any questions, regarding substance use, or mental health support, please contact us at info@srwc-mb.ca

May Brain Teaser Answers

- 1) A sponge.
- 2) Your breath.
- 3) River.
- 4) Your name.

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