



THINK HEALTHY !

Français au verso

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THE FAMILY
HEALTH NEWSLETTER



Positive relationships at work

Supportive relationships in the workplace are important to good mental health. Reach out to others around you. Listen to the concerns of your co-workers. Share a laugh with them. It will help reduce stress. It will bring you satisfaction and security in your professional and personal life.

Good neighbours

Look across the road or across the hallway. Most of us live close to others but we rarely talk to them. A simple gesture is all it takes to build support with a neighbour. Say hello. Just be there for your neighbours and they will be there for you.

Ties to your community

Joining community groups, clubs and organizations makes you a part of something bigger. Contribute to your community and it will be part of your social network. You will reap the rewards by feeling connected and having a sense of purpose.

Caring relationships

When we care for others and others care for us we feel valued. You may find caring relationship in a best friend. It may be in the relationship with a family member, neighbour or caregiver. Build those relationships with care and laughter.

Source : Canadian Mental Health Association / cmha.ca

THINK HEALTHY ! is a bilingual newsletter published 5 times a year by Heritage Lower Saint Lawrence with the aim of transmitting information to individuals and families on health and to better understand services offered to the population, especially Anglophones. It is distributed in the areas served by Rimouski Hospital, including the Lower Saint Lawrence, Baie-des-Chaleurs, Gaspésie, North Shore and the Lower North Shore. The newsletters are made possible through funding by Health Canada for Community Health and Social Services Network (CHSSN), to its Networking and Partnership Initiative Program (NPI) and its Community Health Promotion Project (CHPP). For more information, do not hesitate to contact Marie-Claude Giroux at 418 936-3110 or heritage-npi@globetrotter.net.



Resiliency: at Home, at School and at Work

Resiliency: a combination of skills and positive attributes that people gain from their life experiences and relationships. These attributes help them solve problems, cope with challenges and bounce back from disappointments. We can help our children develop attributes or “assets” that enable them to be resilient and will help them throughout their lives.



Assets That Work Together:

- **Relationships and reaching out:** strong parent–child relationships, social skills and self-confidence, the ability to ask for help, understanding of personal boundaries, belonging to communities and groups

- **Emotional skills:** positive self-esteem, ability to calm oneself, ability

to talk about feelings, sense of humour, ability to distract oneself, ability to see hopeful side of problems and challenges, knowing how to act appropriately in various situations

- **Competence:** goal setting and planning, problem solving and reasoning skills, practical skills like being able to cook, clean, budget, fix things and find information, the ability to look after oneself and be independent, assertiveness, perseverance, good judgement and critical thinking skills

- **Optimism:** confidence in one’s own skills and abilities, ability to judge risks, positive childhood experiences, supportive family and community, being generous and supportive of others

Source : Canadian Mental Health Association / cmha.ca

Useful Website Address

There are many resources to help you.
For a list of mental health resources in your area, visit the **Canadian Mental Health Association** website www.cmha.ca

Or call... to reach Québec: Division: 514.849.3291
Bas-Saint-Laurent: 418.723.6416
Côte-Nord: 418.766.4476



ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE
CANADIAN MENTAL



Did you know?

All children, even very young children experience stress

All children benefit from an increased ability to deal with stress and can learn ways to do this

Research shows that up to 90% of illnesses are related to stress

Change - moving to a different home or school...
Having trouble with schoolwork...Having too much to do...Feeling different from other kids or being teased or bullied, being yelled at...Family break-up...Feeling lonely and unloved...

Some Ways to Build a Less Stressful Home :

- Make sure your child gets exercise and time to play.
- Healthy food can help the body cope with stress more easily.
- Bedtime routines help kids relax at the end of the day.
- Sleep is important. A tired child gets stressed more easily.
- Morning routines get the day off to a good start.
- Learn to manage your stress.

Source : Canadian Mental Health Association / cmha.ca