

Empathy begins with YOU!

The other night I was reading my grandkids a book called *Everybody* by Elise Gravel. The entertaining pictures and funny mention of farting are hilarious to a 7-year-old, but most importantly the message is that even though we are each unique with different perspectives, we still have so much in common. Seeing the world as others do is called empathy. Understanding someone's feeling even if you don't agree is also empathy.

This week, May 2 to 8th is CMHA Mental Health Week with empathy as the theme.

I think we can all agree that the pandemic over the past two years has taken a toll on our collective wellness; but at the same time it is more important than ever to practice empathy for our ourselves and for others.

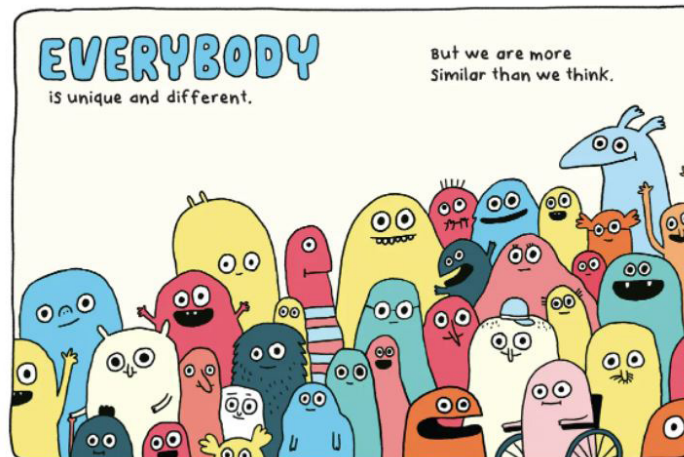
The stress and worry that we have been carrying continues to impact our daily lives, and we may not be functioning at the level we were prior to the pandemic (and let's also add the never-ending winter we have been experiencing). Practicing self-compassion and managing expectations as we adapt to changes will be important as we continue to adjust to our "new normal".

Our organization is also facing challenges like never before and we need to employ empathy within each of our teams. Mental health is as important as physical health, and there is still work to be done when it comes to dismantling stigma. It is more important than ever to practice empathy and

kindness as we work together to navigate this "new normal." It will not be an overnight shift.

Mental Health is not something that we should bring awareness to for just one week of the year. Every day we need to think about the experiences and struggles

of others. We should be able to reach out whenever and however we can and ask for support if we need it, without judgment. Just like the book says, we are all human and EVERYBODY needs help sometimes.



On the back page are some phone numbers if you feel you need a hand with your mental health. Our Knowles Centre therapists also have some great resources if needed. And I have lots of Kleenex and a comfy couch in my office. My door is always open for a chat or just a place to come take a breath.

Over the next month we hope you will partake and enjoy the activities that have been planned. Remember to take time to check in with yourself and others (if you have the mind space) and hopefully learn and practice new ways to show yourself a little love and compassion.



Pam Jansen
Recreation Coord.

Bingo is back!

Thanks to the success of the Knowles Centre Health & Wellness Bingo in 2021, we are again hosting games starting Monday, May 9.

\$500 in Amazon gift cards are available to be won!

Watch for the first Bingo words to be sent to your email. All subsequent daily words will be posted at www.knowlescentre.org/events.php.

Cards (and rules) have been distributed to each staff member's work site. Not sure where your card is at? Contact Maureen at mbritton@knowlescentre.org.



Take part in the 20/20 Walking Challenge!

Grab a friend, a co-worker, your family, or your dog! Commit to walking for 20 minutes for 20 days in May. Walk around the block, to the store, or for a hike.

Log your progress on your walking journal. Submit it to Pam Jansen by noon on May 31 for a chance to win a great prize!



Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.



Join Pam in the cultural area (Services Building) for a "yoga snack," a 20-minute beginner-friendly practice.

Mats will be provided. Please wear comfy clothes.

Dates & Times:

Wednesday, May 4 - 12:00-12:20 pm & 12:30-12:50 pm

Tuesday, May 10 - 12:30-12:50 pm & 4:00-4:20 pm

Friday, May 13 - 12:10-12:30 pm

Wednesday, May 18 - 12:00-12:20 pm & 12:30-12:50 pm

Tuesday, May 24 - 12:30-12:50 pm & 4:30-4:50 pm

Thursday, May 26 - 10:00-10:20 am & 12:30-12:50 pm

No-Cook Overnight Oatmeal

Make up a few of these at a time in jars or travel containers for a quick on-and-gone breakfast that your whole family will love!

Use different spices or maple syrup and your favorite berry or fruit to make it uniquely yours.

Ingredients

- 1/3 cup milk
- 1/4 cup rolled oats
- 1/4 cup Greek yogurt
- 2 teaspoons chia seeds
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- 1/4 cup fresh berries of sorts

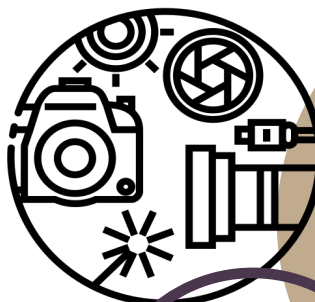
Combine milk, oats, Greek yogurt, chia seeds, honey, and cinnamon in a 1/2-pint jar with a lid; cover and shake until combined. Remove lid and fold in berries. Cover jar with lid. Refrigerate oatmeal, 8 hours to overnight.

MENTAL HEALTH MAY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Get ready. It's Mental Health May! Check out what's going on.	3 Start your day right! OVERNIGHT OATS in the KC kitchen or delivered offsite.	4  Team Spirit! Plan a fun event with your team to take place later this month.	5 Words matter. Send a candy-gram to a coworker and let them know how great they are!	6 PAJAMA PARTY! Wear your coziest PJ's to work. Snacks provided!
9 BINGO is back! Watch your email for the first clues.	10  	11 	12 Morning muffins. Pick up in in the kitchen 8:30 - 10 am or delivered offsite.	13  Wellness Wall Get Lucky prize draw
THINK WELLNESS and share your ideas for the WELLNESS WALL each day this week to be entered into Friday's GET LUCKY prize draw! Go to www.knowledscentre.event.php to enter.				
16 	17 Paint a pot & plant a flower Watch your email for details 	18  	19 Pick-me-up Trail Mix Pick up in in the kitchen from 1 - 3 pm or delivered offsite.	20
23 Victoria Day Let Summer begin!	24  	25 How Full is Your Plate? Join online for a fun & revealing time mgmt exercise	26  BBQ Mmmm... Watch for details!	27 Veggies & Dip! Pick up in in the kitchen 2 - 3 pm or delivered offsite.
30 	31 Mental Health May wrap up!			

Did you know?

Research shows that horses tend to much better mental health than other farm animals due to their stable environment.



How is it going?

Take a picture of YOU & your TEAM taking part! Send it to pjan-sen@knowlescentre.org.

Surprise us with your most creative shot and we may surprise you!



Walking Journal

May 2022

Check off each day that you walk for 20 minutes or more. Aim to reach 20 days in May.

Send your journal to Pam Jansen by noon on May 31 on May 31 for a chance to win a prize!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

YES!

Walking made me feel great! Please enter me in the draw for a prize. (Although feeling great is a prize by itself!)

Name: _____

Program: _____

We are all a little broken. But last time I checked, broken crayons still color the same.

- Trent Shelton



Reach out and call...

CMHA Winnipeg Phone Line – 204-982-6100

WRHA Mobile Crisis Service (24hrs) – 204-940-1781

WRHA Crisis Stabilization Unit – 204-940-3633

Klinic Crisis Line – 204-786-8686

Klinic Sexual Assault Line – 204-786-8631

Manitoba Suicide Line – 1-877-435-7170

Mood Disorders Association of Manitoba – 204-786-0987

Anxiety Disorders Association of Manitoba – 204-925-0600

WRHA Community Mental Health Services – 204-788-8330

Health Links – 204-788-8200

Family Doctor Connection – 204-786-7111

Addictions Foundation of Manitoba – 204-944-6200