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Straight Talk - Gratitude!

**Need to improve your emotional wellness?
Consider a Gratitude Practice!**

Emotional wellness "relates to our abilities to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences."

The world has been challenged with the post pandemic impacts, increased racial and political divisions, and individually we all deal with the many stressors and losses that are a natural part of life. But through all the ups and downs, there is one practice that can pull you through those lowest moments - **GRATITUDE.**

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." Ralph Waldo Emerson

We all know that we should be grateful for what we have, but practicing gratitude for both the good AND the bad things in your life is much more difficult, yet it reaps the greatest rewards. All experiences good or bad, shape who we are - they contribute to our growth and advancement as a person, building character and wisdom. If we reflect on our experiences with a humble heart, we may see all that there is to be grateful for. Sometimes it takes time to see, and that is okay. But with practice, we can generate a habit of gratitude that can carry us through dark times and enhance the light in our lives.

There are many ways to practice gratitude. Some people like to keep a journal or create a gratitude jar. Some take time in quiet reflection or prayer every day to think about what they are grateful for. An easy way to build on this practice is before going to bed, whether you are with children, siblings, parents or on your own, each night as you tuck into bed, talk, write down or think about at least one thing you are grateful for that day. What made you happy today? What made you sad? In these conversations or thoughts, you might find that it is not a material item or a thing that makes you happy; it is the time we spend together with friends, family, or pet, going to the park, taking a walk, or doing something silly. Most of us are grateful for the simple gifts in life or the moments we spend laughing at something or having a special moment.

As you think about how you can improve your emotional wellness, consider incorporating gratitude practice in your life. You may find your life to be fuller and richer than you even knew possible. It's something easy to stick to and it could be the simplest way to change your life.



- Contributed by: Shauna Doerksen, Vicki Fehr and Lisa Savoie, School Social Work Clinicians

What's The Harm With Vaping?

it's ok
to say
NO

Vaping has been around since the year 2000. It hit the market with the intent to help adults quit smoking cigarettes, but it has grown into another addictive substance that is used more often by teens than adults.

The long term effects of vaping are still not fully understood. We know that vaping "juice" contains many chemicals, some known to be cancer causing. Juice can also contain nicotine or cannabis.

The effects we do know is the potential to cause Vaping Associated Lung Injury (VALI). VALI is inflammation of the lung tissue caused by inhaling the fine chemicals and particles in the aerosol. This inflammation can cause cough, chest pain and shortness of breath which can be severe and lead to hospitalization and death.

Vape juice can also be toxic to your younger brother or sister, so be sure to keep it away from their reach. Burns and poisoning are a potential hazard.

Vaping may seem cool and popular, but the younger you are exposed to substances, the more chance you have of developing a problem with substance use of all kinds later in life.

Keep this in mind:

*Being able to breath is cool!
Having extra money in your wallet is cool!
Keeping your body and mind healthy is cool!*



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Did You Know?
The SRSS Health Clinic is able to see all Hanover School Division students.
To book an appointment contact us via:
Text: 204.346.0282
Email: healthclinic@hsd.ca or
Phone: 204.326.6426 Ext. 5338

Sports & Nutrition

Spring is a great time of year, the sun is shining and the days are getting longer, and the trees are budding! This is a time of year a lot of us are thinking about playing sports!

If you get butterflies in your stomach before a sports game, do you eat anything before you play? Many players say that they feel they are unable to eat anything before a game or even just a practice. But unfortunately that can be like driving a car on nothing but fumes.

I'm not saying you should be eating thanksgiving dinner and then going swimming. But it is important to fuel your body so that you can play your best.

Eat something that you are familiar with on game day. This isn't the time to be trying out kefir if you've never tried it! You also want to consider food safety - skip those leftovers that have been in the fridge for a week and are looking a little questionable, because nothing is worse than being in the middle of the field or track with no bathrooms nearby when food poisoning hits you.

Your body needs 2-3 hours to have time to digest a regular meal such as breakfast or lunch before an athletic event. But having a smoothie or fruit is a great easier-to-digest snack for a about 30 min to 1 hour before game time.

If you are looking for more information on how food can improve your sport performance, book an appointment at the SRSS Health Clinic with Registered Dietitians Rebecca or Janell today!

Recipe - Raspberry Peach Smoothie Shake



This Raspberry peach Smoothie Shake is bursting with bright raspberry flavor! With a short and simple ingredient list, this vibrant smoothie is quick and easy to make!

Serves: 1

Ingredients

- 1 cup frozen raspberries
- ¾ cup chopped fresh peach (or canned/frozen peaches**)
- ¼ cup Greek yogurt
- 1/3 cup milk (or more)
- 1 teaspoon honey

Directions:

- Place all ingredients in a blender and blend until smooth, adding a bit more milk as needed if the smoothie is too thick. Serve immediately.

***If you do use frozen peaches, you'll need to add more milk.*

Exercise & Physical Activity is Medicine!

Want to be sharper at school? Feel less tired? Enrich your relationships? Improve your health?

If you answered "YES" to any of these questions, physical activity is the answer.

Here are 6 fitness facts to help inspire you to **Get Moving!**

1. **Brainpower Boost** - Exercise and physical activity not only help your body, they help your mental function by increasing serotonin in the brain, leading to improved mental clarity!
2. **Movement Melts Away Stress** - Exercise & physical activity produce a relaxation response that serves to help elevate your mood and keep depression at bay. More happiness and less stress!
3. **Energy Increaser** - Endorphins are released into your bloodstream during exercise and physical activity, improving your strength and stamina. Everyday tasks are easier to accomplish, and you will have more energy throughout your day!
4. **Performance Enhancer** - It is good for your muscles & bones. When you regularly exercise your muscles work much more efficiently and you will gain endurance, improve your reaction time and have better balance.
5. **Chronic Disease Reducer** - Regular exercise and physical activity have been shown to improve insulin sensitivity, heart health, decrease blood pressure and fat levels.
6. **Skin Improver** - Skin is affected by how much oxidative stress is in the body. This stress deteriorates the skin. Moderate exercise can increase production of natural antioxidants which help protect cells, stimulating blood flow inducing skin cell adaptations that can help delay the appearance of aging.



Welcome to Spring!

Spring officially began March 20th so here are some things to appreciate this season!

- Warmer weather
- More sunshine
- Animals emerge from hibernation
- Flowers begin to bloom
- Trees grow leaves again
- Outdoor activities and exercise

Adapted from: <https://www.betterplaceforests.com>

