## SRSS HEALTH CLINIC Newsletter







Mon. to Fri. 7:45 am to 3:45 pm Closed 12:00 pm - 1:00 pm

#### In This Issue:

- Straight Talk Considering a Tattoo?
- Recipe Overnight Oats
- Brain Business Procrastination!
- Enter to Win AFM Contest
- Protein in Sports Nutrition

# **Straight Talk - Considering a Tattoo?** Think Before You Ink!

If you are considering getting a tattoo it is important to be aware of the risks, such as infections and blood borne viruses.

Here are some key points to remember before getting a tattoo:

- See a professional The risk of infection is lower when you see a trained professional in a clean, sterile studio.
- Make sure the artist uses clean, sealed needles -Viruses like HIV and Hepatitis cannot be killed by washing, boiling, or heating needles. Ask to see the artist open the needle from the packaging to ensure it has never been used before.
- Make sure new ink products are used The ink and ink pots should be new for each person or they should use fresh disposable cups with fresh ink.



- Check for proper needle disposal Needles should be disposed of in a sealed container and never reused on another person.
- Be informed of proper after care The tattoo artist should provide you with clear after-care instructions.

Getting a tattoo in a non-professional setting or by someone who isn't trained increases your risk of infections or viruses. For more information see: https://www.catie.ca/en/practical-guides/hepc-in-depth/prevention-harm-reduction/ safer-tattooing-piercing



# Brain Business - Procrastination!

We all do it and we all often suffer for it. "I'll do it later", "Not now", or "After I finish this other thing I am doing" might be common refrains we hear coming out of our own mouths!

Have you ever stopped to consider the pros and cons of procrastination? Sometimes stopping to really (I mean really and honestly) look at our behaviour choices can be an eye-opening experience.

Definition of procrastination: a state, a habit, or an instance of being slow or late about doing something that should be done (Merriam-Webster Dictionary).

#### Let's look at the pros and cons of procrastination to help us understand more fully what choice we are making.

#### **PROS**

- I get to continue doing what I want in that moment (short term)
- Easier (short term)
- Relief (short term)
- Avoid something unpleasant or that I don't really want to do (short term)

#### CONS

- What I need to do does not go away (long term)
- More stress (long term)
- Takes more time up spent putting it off and then finally getting to it (long term)
- Creates more pressure and feeling rushed (short and long
- Quality of task/work I have avoided may suffer (short and long term)

See if you can add any of your own pros and cons to this list. Notice that the pros and cons have a short or long term impact as well. Often the benefits (pros) we experience from procrastination are short lived, meaning they don't last long. However, the costs (cons) of procrastination can have longer lived impacts, including affecting our ability to keep up with schoolwork, stay on top of tasks, be prepared for tests/exams, etc. (The list goes on).

Another consideration not included in the above pros and cons list is noticing how we FEEL when we procrastinate...both short and long term. For most of us, procrastination doesn't leave us with great feelings. However, do you ever notice how GOOD it feels when you have persevered and completed a difficult task, project or assignment? Right! It feels awesome! Next time you think about procrastinating and putting something off (that really does need to be done), remember that awesome feeling of accomplishment! Sometimes that memory and reflection can motivate us to face what is ahead without procrastination. I dare you to try it!! Written by: Shauna Doerksen - School Social Worker





Kim Boothe



Andrea Gingerich Nurse Practitioner Public Health Nurse



Shauna Doerksen School Social Worker



Curtis Kulpa School Social Worker



Katy Scammell AFM Counselor



Rebecca Rempel Dietitian **Nutrition Coach** 



Reception

#### **Enter To Win A Video Contest**

The Addictions Foundation of Manitoba is hosting a contest called "What Youth Need to Know". This year's theme is "what youth need to know about alcohol".

All you have to do is make a 30-90 second video about what YOU think youth need to know about alcohol. The deadline for video submissions is April 20, 2020. You can check out past winners' videos and the official contest rules and guidelines at: https://whatyouthneedtoknow.ca





**1ST PRIZE** \$500 2ND DDI7F \* \$300 **3RD PRIZE** \$200 MOST LIKES \$200



\*Winners will have their choice of gift cards to vendors that sell concert tickets, electronics, and movie passes.

# **Protein in Sports Nutrition**

There's 10 seconds left in the third period of the hockey game! Did you fuel your body prior to the game to finish strong? Your body needs carbohydrate, fat, and protein to be at your best. Protein is an essential nutrient that is important for building and maintaining muscle. If you exercise regularly and intensely, do you also make sure you get a balanced amount of protein?

- Divide your protein into 3 4 meals or snacks throughout the day.
- Have a protein meal or snack within 2 hours after your exercise. This will help with muscle repair and growth.
- III. A good way to maintain muscle is to aim for a palm size amount of protein. A few examples include:
  - 3/4 cups plain Greek yogurt
  - 2 Tbsp peanut butter
  - 2 large eggs
  - palm size of meat, poultry, or fish.
- Include protein from a variety of different food sources. This will allow you to get a range of important vitamins and minerals along with your protein.
- Make sure to eat enough calories to maintain your weight, otherwise your body will waste protein for fuel instead of using the protein to help build and repair

Source: PEN practice-based evidence in nutrition. (2018). Toronto, Ont: Dietetics @ Work



### Recipe - Peanut Butter Banana Protein Overnight Oats



Wake up to a hearty, protein packed breakfast with these Peanut Butter Banana Protein Overnight Oats. Freshly sliced bananas, peanut butter, oats and all the goodness make this breakfast the fuel you need to keep on going all morning!

Prep Time: 5 mins Chill: 4 hrs

Total Time: 4 hrs, 5 min

### Ingredients:

- ½ cup rolled oats regular or gluten free
- 1/2 small to medium banana sliced
- 2/3 cup unsweetened almond milk or milk of choice
- ½ Tbsp chia seeds (optional)
- 1 Tbsp skim milk powder
- $\frac{1}{2}$  1 Tbsp natural creamy peanut butter or any other nut or seed butter
- ½ tsp pure vanilla extract
- 2 3 tsp pure maple syrup
- dash of sea salt

#### Instructions

- Combine all ingredients into a small jar or any container that can be sealed.
- 2. Sir well to combine.
- Cover and refrigerate overnight or at least for about 4 hours. 3.
- Eat chilled or warmed up and garnish with an extra drizzle of peanut butter and some banana slices if desired.

https://www.lemonsandzest.com/peanut-butter-banana-protein-overnight-oats/



# If you have any cold/flu symptoms such as:

Cough

**Sore Throat** 

Fever

Weakness

Runny Nose

Headache

Remember to practice proper and frequent hand washing and cough hygiene!

If you have questions or concerns about your cold/flu symptoms contact Health Links @ 1-888-315-9257