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Brain Business - Depression
Hacks For Young Adults



When you feel low it can be very difficult to carry out everyday essential tasks. The challenges that come with COVID-19 and quarantine can make life feel even more difficult to navigate than usual. The tips and tricks below are hacks for looking after yourself when you feel low, or just don't have much energy:

STAY
POSITIVE

1. Try to identify a time of day when you have more energy than usual. Make yourself a pot of chili or a few sandwiches to have on hand for when you don't have energy to make food for yourself later.
2. Use paper plates and other disposable items when you don't have the energy to wash dishes.
3. Get a timer from the dollar store that you can connect to your radio or a set of Christmas lights, and set it for the time that you need to wake up to help ease yourself out of bed.
4. Find a podcast that you really like and listen to it when you are having trouble connecting to the present moment. It does not require much energy to listen to and you can do it from the comfort of your bed. It may give you the boost that you need.
5. Plan ahead! Every day will not be Top 10. On a good day, spend some time writing yourself little pick me up notes or positive vibes, and keep these handy for days when you aren't feeling so stellar. Even some funny jokes or memes can help lighten the load you are carrying.

BELIEVE
IN
YOURSELF

And don't forget to give yourself permission to feel whatever you are feeling. Feelings are not good or bad. They just are. Be kind to yourself! - Written by Katy Scammel & Shauna Doerksen



Did You Know???

The SRSS Health Clinic is a satellite clinic of Steinbach Family Medical (SFM), and a partnership between SFM, Hanover School Division and Southern Health-Santé Sud. The Health Clinic offers a variety of services for your physical and emotional well being.



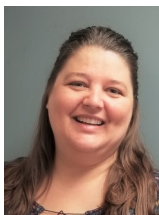
CALL: 204-326-6426 Ext. 5338
EMAIL: lkeehler@hsd.ca
TEXT: 204-392-0282
FOR AN APPOINTMENT TODAY!

- Complete physicals & checkups
- Treatment of minor/acute injuries and illness
- Minor procedures
- Blood work and specimen collection
- Diagnostic Testing
- Reproductive health
- Mental health help and information
- Health Education and disease prevention
- Prescriptions
- Referrals to other health professionals or specialists
- Dietitian/Nutrition Services
- Addictions Counselling and more!

If you have questions or concerns about your health, book and appointment to be seen today!



Kim Boothe
Nurse Practitioner



Andrea Gingerich
Public Health Nurse



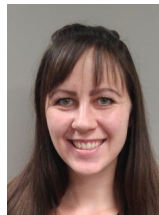
Shauna Doerksen
School Social Worker



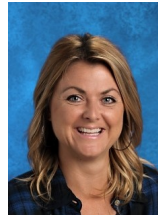
Katy Scammel
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Laura Kehler
Reception

Are You Ready To Fight The Flu This Season?

Influenza or “the flu” is very contagious and lasts from late fall throughout winter. Common symptoms can include: runny nose, fever, cough, muscle aches, fatigue, or a sore throat. Sometimes symptoms can be more serious and affect the lungs, making it difficult to breathe.

These symptoms are similar to COVID-19, making it difficult to determine which one you have. By vaccinating with the flu vaccine, you can eliminate some of the confusion. Recent research has evidence that the flu vaccine can reduce your risk for severe COVID symptoms. We don’t have a vaccine for COVID yet, but we do have a vaccine for the flu.

Since both can be spread by talking, coughing, sneezing, or touching a surface that was contaminated by someone who is sick, you can protect yourself and those with weak immune systems, by getting your flu shot and staying at home if you feel sick this winter. Young children, pregnant women, people with medical conditions that affect their immune system, and those over 65 are more likely to have severe symptoms, so it is important that everyone prevents the flu from spreading. You can get your annual flu shot with your Primary Care Provider, at the Public Health office, a pharmacy, or a local flu clinic. Dates and times of local flu clinics will be posted at: <https://www.gov.mb.ca/health/flu/where.html>



COVID-19 and CANNABIS How to reduce your risk



www.ccsa.ca

If you plan to use or are using cannabis, there are things you can do to help reduce the spread of COVID-19 and the risks to your health.



Don't share joints, vaping devices, pipes or bongs.

- COVID-19 spreads through respiratory droplets released when people speak, cough or sneeze. You can pick it up if you put items contaminated by droplets - which can include joints, vaporizers, pipes and bongs - in your mouth and then touch your eyes, nose or mouth.



Wash your hands before putting any cannabis product to your mouth.

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.



If you plan to smoke or vape cannabis, know that it can negatively affect your lung health

- Try and limit cannabis smoking or vaping to once a week, if possible.
- Avoid smoking or vaping cannabis if you feel sick.
- Avoid taking deep inhalations and try not to hold your breath.
- Use products that contain no more than 100 mg/g (10%) THC content.
- Follow Canada's Lower-Risk Cannabis Use Guidelines to reduce your risk of experiencing harms when using cannabis.



Purchase your cannabis from licensed and regulated retailers.

- Purchasing cannabis from illegal sources has negative health and safety risks, as the quality of the product cannot be guaranteed and it can be contaminated with other substances (metals, pesticides, fungi, other drugs, etc.)



Cannabis can interact with your medication and negatively affect your health.

- If you take medications, whether prescribed or over the counter, talk to your healthcare provider before using cannabis.
- If you are using cannabis for medical reasons, talk to your healthcare provider about your use during the COVID-19 pandemic.



Recipe - Pear and Cheese Naan Pies

Prep Time: 10 min
Cooking Time: 5 min
Yield: 4 servings

Ingredients:

- 2 Naan Breads
- 2 tsp (10 ml) sugar, divided
- 1 tsp (5 mL) cinnamon, divided
- 3 oz. (90 g) Canadian Monterey Jack, sliced
- 1 pear, sliced

Preparation

- Preheat oven to broil.
- Place naan breads on a parchment-lined baking sheet.
- Sprinkle with half of the sugar and cinnamon; cover with cheese.
- Top with pear slices and sprinkle with remaining sugar and cinnamon.
- Broil for 4–5 minutes, cut each naan bread into equal-sized pieces and serve immediately.

Cheese alternatives: Canadian Brie, Havarti, or Medium Cheddar.

Well Balanced Lunch

With the start of a new school year comes new routines and habits— such as making a lunch for school!

Do you make your own lunch? Do you find it is easy and enjoyable? Or do you struggle with finding time to make your lunch, or knowing what to pack? Is your lunch filling and satisfying or are you very hungry soon after lunch?

A Well Balanced Lunch Should Have:

- Protein** – for building muscle, repairing tissue, building healthy chemicals in the brain, and for your immune system
- Carbohydrate** – for energy, brain fuel, and fiber for a healthy gut
- Vegetables/Fruit** – for vitamins, minerals, and fiber for a healthy gut

A **Well-Balanced Lunch** will keep you satisfied longer and will help you accomplish your goals by fueling your body. It is worth the effort!

