

# HEALTHY LIVING

*Tips to improve your health and well-being*



## Mental Health Matters

COVID-19 has affected every aspect of our lives and affected us all differently. For many, the pandemic has significantly impacted their mental health. It is important to look after your mental health and be there for your loved ones who may be having a difficult time, especially during the dreary winter months.

Recognize signs of stress:

- Fears & worries surrounding your health/ health of your loved ones
- Changes in eating patterns ie: excessive eating
- Difficulty sleeping and concentrating
- Increased consumption of alcohol, tobacco, other drugs

Take care of yourself:

- Maintain healthy diet and exercise regularly
- Find ways to stay connected with others
- Try to engage in activities you enjoy to maintain a normal as possible routine
- Find new ways to practice self-care ie: dinner video call, virtual book club, group fitness class streaming

Taking care of others:

- Listen to their concerns
- Limit exposure to news coverage
- Try to keep a regular routine
- Encourage them to seek the help they need

Get support:

- CMHA has a 24hr helpline 1-833-456-4566
- Consult your Nurse Practitioner

January 28th is Bell Let's Talk Day



Visit [letstalk.bell.ca](https://letstalk.bell.ca) for  
more information



## Staying Active in Winter Months

Despite the cold weather, and the added challenge of lockdown due to the pandemic, it is still important to stay active, motivated and committed to a healthy lifestyle. Try to keep active this winter by:

- walking the dog
- outdoor skating
- tobogganing
- walking trails
- cross-country skiing or snowshoeing
- taking stairs instead of elevator/escalator
- shoveling the driveway (safely!)
- take a walk after dinner



## New Year, New Goals

Are you ready to quit smoking? Join our STOP Program at the clinic to receive counselling and free Nicotine Replacement Therapy to support the change you want to make. Set SMART goals for this year and take control of your health.



**Speak to your Nurse Practitioner about being referred to our smoking cessation program.**

## March is Colon Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer deaths in Ontario. If it is caught early enough through regular screening, there is a 90% chance of being cured.

For most people over the age of 50, screening with the Fecal Immunochemical Test (FIT) should be done every two years. However, if your father, mother, brother, sister or child has colorectal cancer, your risk of getting colorectal cancer is higher and you may need a colonoscopy. Call the clinic to book your appointment for colorectal cancer screening.



### FIT in your colon cancer screening today!

Your Nurse Practitioner will determine your eligibility for screening with FIT and will send a requisition form directly to the lab. You will be mailed the FIT kit directly to your address. Once you receive your FIT kit in the mail you can complete the screening in the comfort of your own home.

