

COMMUNITY CONNECT



Coping At Home for Families by Alberta Health Services

Recreation and leisure are essential parts of well-being and quality of life of Albertans. It allows all of us, regardless of our age, to explore our strengths and skills and experience better well-being during times of stress and uncertainty. By doing all of the things your family already does, through creativity, connecting virtually, learning new skills, getting outside, and laughing together, you are maintaining your families' health and wellness.

Social - is the quality of the relationships you have with the people around you such as your family, friends, co-workers, classmates or neighbours. While we can't visit in person right now, there are lots of ways to connect with our supports that don't reside at home with us.

- Try out your singing voice with a karaoke night. Have everyone make a list of their favourite songs and then get ready to sing your hearts out! Find your favourite songs on YouTube, or try out the Smule or the Voice apps.
- Host a movie night in your living room. Get out your comfy blankets, pop some popcorn and grab your favourite treat and have a movie night together.
- Try a new board game or card game together. Blow the dust off those games in your closet or try out some of these resources. Want to play with family over video chat? Try Yahtzee or other dice games.

Physical – can help you feel better, have more energy, improve your sleep, keep your mind sharp and even improve your ability to handle stress. If you or your family haven't been active recently, start slow and increase your activity each day. Any movement and activity you do is better than nothing.

- Get your stretch on! Take a break from the couch and try out some yoga stretching exercises. Yoga is great for our muscles, spine and even our mood.
- Create an indoor or outdoor obstacle course

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Dunvegan Toastmasters Club

Toastmasters is an enjoyable way of learning about speaking and listening.

The Dunvegan Toastmasters Club meets virtually by Zoom each Wednesday at 6:30 - 8:00 p.m.

You are welcome to join us and find out more about Toastmasters.

Please contact Carolyn at 780-864-5657 for more information!

Exhausted driving to GP on your own? Take the Bus!
Book with the MD of Spirit River now:

- *\$25 Round Trip, EVERY Tuesday, Wednesday and Thursday Leaves between 8:30am and 9am, Return by 5:00pm
- *780-864-3500 to book, can take payment by credit card over the phone
- *For Appointments, shopping, visiting, transit from Spirit River, Rycroft, Woking, Sexsmith, Clairmont and GP.

Coping At Home for Families by Alberta Health Services (continued from front)

Emotional - is our positive feelings about ourselves, our ability to express our feelings and our sense of optimism. When we are stressed, it is important to have ways to express our thoughts and feelings.

- Spend some time in nature. Try a nature scavenger hunt, geocache, start your seeds, or try an indoor herb garden! There are lots of options to interact with nature, even indoors
- Take a break by listening to or watching uplifting music/videos. Put on your favourite playlist and listen to some music or put on an episode of your favourite comedic video or show to lighten the mood
- Complete a random act of kindness. Being kind to others helps us all feel better. Try making some cards and mailing them to your friends and family. Brighten someone's day with kindness rocks.

Intellectual - engaging in activities that help our brain learn new skills, practice problem solving, and requires attention and focus, helps us to boost our intellectual wellness. By engaging in interesting activities that allow you to grow your knowledge, you may feel more accomplished and productive.

- Learn about writing music or playing an instrument. Try out singing, a new instrument, or putting your own tunes together.
- Visit a museum, zoo and more virtually. There are so many zoos, museums and parks across the world offering virtual tours and learning opportunities.
- Try your hand at a new arts skill. Always wanted to learn how to paint or draw? Have lots of paper around the house? Try out some of these options or search up tutorials on YouTube or Skillshare.

Spiritual - is about connecting with what's meaningful to you in a way that lightens or enriches your spirit. It can bring comfort and healing when handling times of stress. For some people, taking time in nature, to mediate, to pray or to sit in quiet may be spiritual. For others, practicing kindness, gratitude or faith in a higher being. What brings each person spiritual wellness is unique and individual.

- Connect with yourself through mindful activities and apps. Mindfulness means to focus on the present moment by purposefully paying attention to your surroundings, emotions, thoughts and how your body feels. Mindfulness can help you quiet your mind, relax your body and cope with stress
- Connect with your place of worship virtually. Many places of worship are offering virtual services and meetings.
- Complete any activity that feels meaningful and purposeful to you. Spirituality is different for every person and every family. What kinds of activities help you feel connected to humanity or feel purposeful? For some, dancing, visiting with an Elder, praying or attending a religious service may be their answer. For others, spending time outside or journaling. The options are endless!

<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-coping-at-home-for-families.pdf>

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to cphawc2.connect@outlook.com

Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](#) Facebook page.

If you would like to receive the newsletter via email, please send an email to cphawc1@outlook.com requesting to be added to the list.

SNOW ANGELS NEEDS YOU!!

The Snow is Here! Seniors and individuals recovering from surgery and illness are in need of help clearing snow from sidewalks and driveways. Sign up to help someone out this winter.

Volunteer Recognition Certificate is available for Youths and all volunteers— build your resume with community service!