

Weekly Wellness Communication



04/29/2020

Positivity & Gratitude

When experiencing a crisis, it is difficult to feel positive and grateful. We are all experiencing an array of emotions during this time, good and bad, which change regularly. Without minimizing the consequences of this difficult time, self-care is still very important to uphold, specifically mental health. Here are a few activities to enhance positivity and gratitude in your life:

Make a List

Take note of all the things that make you smile. Keep the list close to your workspace to reflect on during the day, and give you a momentary break from any stress you experience. Here are some examples:

- Watching pets get excited when coming home,
- Sunsets that fade from pink to blue,
- Binge watching a Netflix series on a rainy day,
- Spraying pillows with lavender mist before bed, and
- The “All About Country” Spotify playlist.

Make Cards for the Elderly

Currently, patients and residents of hospitals and long-term care homes are unable to have visitors with the exemption of compassionate reasons. It would bring them so much happiness for the community to create personalized cards with positive and encouraging messages and deliver them to health care facilities. If you have any word search, Sudoku, and other puzzles books that you do not use, you can donate them too.

Sidewalk Chalk

Once the snow melts, it is time to break out the sidewalk chalk and spread messages of hope! You can visit the home of a family member or friend and leave them a message on their driveway/sidewalk to make their day. You can also leave a message on your driveway/sidewalk for people walking by to read. It would also work to put posters, pictures, or other decorations in your windows at home.

Enjoy Reading as a Pastime?

[Land of Lilies](#) is a lifestyle blog, where you can find information about fashion, beauty, health and well being, and travel. Read their recent blog titled “[5 Reasons for a 5-Minute Journal](#)”, which focuses on being grateful for the things we have, reflecting on our decisions, and creating goals for ourselves. [LIKE](#) Land of Lilies on Facebook to stay up-to-date on new posts!

“Let’s take this opportunity to get in touch with ourselves, learn about ourselves, each other, our family, our country, and our world.”

Shirley Horn, Chancellor

Good
vibes
only

Recipe of the Week

Melt-in-your-Mouth

Lemon Butter Cookies

Try this at home, take a picture, and send to hr@alqomau.ca for a feature!

Ingredients

- 230 gr. unsalted butter
- 160 gr. powdered sugar
- 1 egg
- Zest from ½ a lemon
- 1 tsp. lemon juice
- 320 gr. flour

Steps

- Preheat oven to 180 degrees Celsius
- Combine all ingredients and mix well
- Form balls with the dough and flatten them gently with a fork
- Bake for 20 minutes

Tip

- Add a [lemon glaze](#) and yellow sprinkles for an added touch!

[LINK to recipe](#)



Weekly Calendar

Five activities to try at home for each day of the week!

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
Try these three exercises to be more positive! LINK	It's the final day of April! Complete a #30DayofSAAM Instagram Challenge! Instructions HERE .	Take 10-15 minutes to try the PSHSA's Yoga Class! Link below.	Join Virtual Tea Time! Details HERE . Here's a great recipe!	Try to go the entire day without caffeine; drink water and herbal tea instead!

Navigating Change and Uncertainty through Yoga

Yoga can be an excellent strategy for combating the uncertainty we are feeling in our lives right now. Read the Public Services Health and Safety Association's (PSHSA) blog post [HERE](#) to learn more about the practice of yoga.

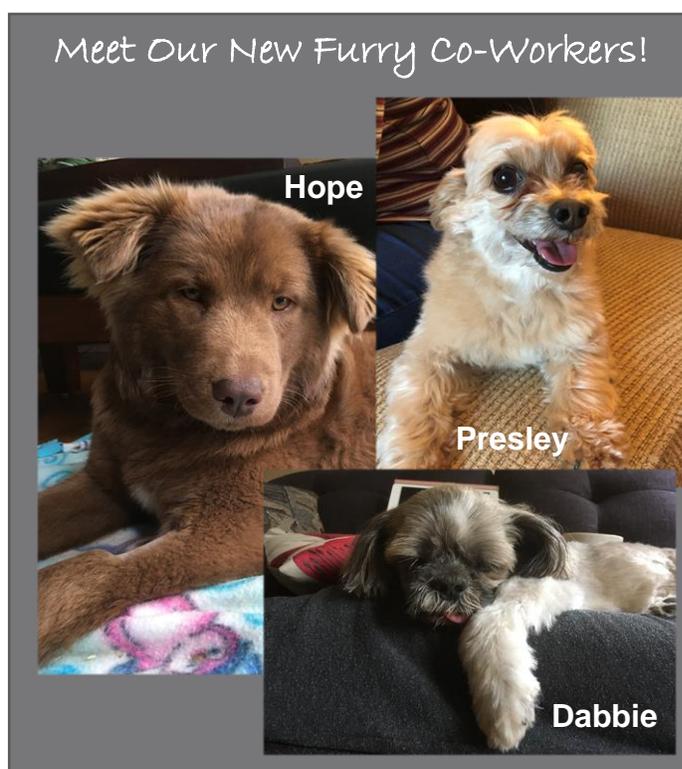
Beginning on April 24, 10-15 minute yoga classes will be posted on the PSHSA's [YouTube page](#) every Friday morning!

Quick Links

[Algoma University COVID-19 Updates](#)

[Government of Canada](#)

[World Health Organization](#)



Note: Refrain yourself to only 15 minutes of COVID-19 related information per day. Stay informed, but keep your mind healthy!



Employee Feature

Although this “new normal” is challenging at times, I am remaining positive by staying connected to the people that matter the most to me. Engaging in new creative projects keeps me energized and I am grateful that I have enough craft supplies to last me a few months. I am also extremely grateful that AU is being so supportive and allowing me to continue working during these challenging times. To my fellow employees, I encourage you to embrace this time and find something creative to keep you busy!

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