

Lift Your Spirits

Adversity is a fact of life and can't be controlled. But in the face of life's challenges, you can nurture yourself in different ways to find peace of mind and feelings of optimism and joy once again. Here are some suggestions.

- Learn how to rest well, says stress expert Eli Bay, who is president of The Relaxation Response Institute in Toronto. Take a structured program such as meditation or relaxation training, or try a guided meditation (on CD) or a restorative yoga class.
- Put your problem into context by asking yourself: 'How important is my issue in terms of the bigger picture?'
- Think about the positives in your life, and be grateful.
- Journal. Writing down thoughts and feelings about what you are going through helps to process events and release emotions.
- Seek inspiration (faith, a book, etc.)
- Volunteer and/or find a hobby.
- Enjoy the innocence and beauty of nature (birds, puppies, etc.)
- Confide in someone you trust.
- Take a vacation.
- Have a massage – relaxing your muscles can change your mental state, says Bay.

Visualization Exercise

Visualizing something calm can help you deal with difficult situations. Here is a simple visualization exercise to try from Eli Bay. Imagine a turbulent lake. Now imagine the wind dying down...and the water calming down too. See the calm tranquil water as you repeat "I am calm, I am calm".

To find support groups in your area or for more information to help you deal with life's hardships, check out the Find Support directory or Be Brave section at morethanmedication.ca

Visualize for inner strength | What one doctor wants you to know about hope
Knowing what to say may mean saying nothing at all

How to Communicate with your Kids and Teens

Kids today are busier than ever – school and homework, hockey practice, music lessons, hanging out with friends...so when they slow down long enough to talk to you, what can you do to ensure you get the most out of your conversations? Here are a few tricks that will keep them coming back for more chats.

- Ease up a little:** Offer your child choices to give him a sense of control. But keep the choices simple: "Do you want to go see a movie or go to the baseball game?". It avoids conflict and sets up the opportunity to talk more.
- Honesty is the best policy:** No matter how old they are, children deserve straightforward answers – it helps them learn to trust. When you don't do that, the tendency is for children to supply explanations, which can be more frightening than the truth.
- Use your ears:** Teens in particular just want you to listen to what they have to say – so listen and resist the temptation to lecture. You can ask if your teenager wants advice, but don't assume it's always needed – and if they say "No", then leave it.
- Patience, please!:** It can feel like forever before a youngster gets his story out, while teens can talk around an issue before coming to the point. By waiting patiently, you're letting them know that they're worth your time.
- Let your love shine:** Use words that express your love. "Thank-you for..." and "I appreciate it when you..." These are the phrases that show your children how much you care. In the long run, that's the biggest trick of all to keeping the lines of communication open!

How Well Do You Know Your Kids and Teens?

Answer each of these questions with yes or no. When you are done, count up the number of "no's" you have – then check our answer guide on the side.

- Do you know who your children's best friends are?
- Do you monitor what your child watches on TV?
- Do you oversee the web sites your children visit online?
- Do you know how much junk food your child eats?
- Would you know if your child is being bullied or teased at school?



0 or 1 NO = great communication skills | 1 or 2 NOs = you know them pretty well... is there a question you're not asking? | 2 or 3 NOs = take a few minutes each day and check in with them. | 3 or 4 NOs = sit down together and devote some time to communicating. | 4 or 5 NOs = it's time rebuild your communications skills with your children.

For more information on effective relationships and personal skills development, check out the following articles in the Relate Better section of morethanmedication.ca

Full esteem ahead! | Kids and confidence: know your ABCs | Life made simple | Are you stuck in splitsville?

How much exercise do you really need?

It's not nearly as hard as you think! Staying happy, healthy and toned – even shedding a few pounds – doesn't always require sweating it out at a gym. Between 30 and 60 minutes of moderate activity most days of the week should help your family do the trick. Here are some fun and easy things that you and your kids already do at home that are helpful – and healthy!

Kids

Activity	Duration	Calories Burned*	Results
Basketball	One hour	291	General fitness, maintain weight, cardiovascular exercise
Biking (fast)	One hour	291	Builds strong legs, strengthens cardiovascular and general fitness
Swimming	One hour	255	Exercises the entire body, strengthens lungs/breathing capacity
Walking quickly	One hour	138	General fitness, cardiovascular exercise
Tossing a Frisbee	One hour	109	Cardiovascular workout, improved co-ordination and balance
Bowling	One hour	109	Fitness, flexibility

Parents

Cleaning the car	One hour	218	Bending, stretching and strengthening muscle groups
Walking quickly	One hour	285	General fitness, maintain weight, cardiovascular exercise
Mowing the lawn	One hour	323	Cardiovascular exercise, leg and glute strengthening
Gardening	One hour	338	Increased muscle strength, tone and agility
Alpine Skiing	One hour	600	Increased muscle strength, tone and agility

* Based on an 80-pound child and a 165-pound adult

For more great information on how to stay in shape mentally and physically, check out the following articles in the Strengthen Your Mind and Body section of morethanmedication.ca

Find great activities your family can enjoy | Simple weight training at any age
Train your brain | Be well where you dwell



Colour Code Your Grocery Chart

According to Canada's Food Guide, we should eat fruits and vegetables from all of the colour groups: Reds, Greens, Blues, Whites and Yellows. Such fruits as strawberries, blueberries, blackberries, elderberries, apples, cherries and veggies such as beets and red peppers are coloured by pigments called anthocyanins, which act as powerful antioxidants that protect cells from damage. They also contain high levels of Vitamin C that can help kid's

growing bodies fight viral flu and colds – which are so common in this age group. Fruits and vegetables as sweet potato, pumpkin, grapefruit, and pineapple juice offer the benefit of Vitamin B which contains folate and folic acid to help produce red blood cells, and niacin to help convert the food kids eat into the energy they need.



Colour Food Group Chart

Take this chart with you when you go grocery shopping and make sure your cart has at least one choice from each colour group!

GREEN	BLUE	YELLOW	RED	WHITE
Spinach	Blueberries	Carrots	Red peppers	Bananas
Broccoli	Blackberries	Oranges	Strawberries	Potatoes
Brussels sprouts	Purple grapes	Sweet potatoes	Tomatoes	Cauliflower
Kiwi fruit	Eggplant	Cantaloupe	Red Apples	White mushrooms
Green beans/peas	Plums	Mango	Cherries	Pears
Honeydew melon			Beets	

For more helpful information on your nutritional needs, check out these related articles in the Eat Better section of morethanmedication.ca

Family fun: Take our family nutrition quiz! | Crack the nutrition label code | Craving Satisfier Food with function

Healthy Living – it's More Than Medication

We all have questions when it comes to making sure our families are living healthy lives. But do you really know all the facts to help you achieve that?

Living a healthy life is about finding a balance between your mind, your body and your spirit, and we are committed to helping you discover the simple things you can do every day to make the most of your family's health and well-being. Because we believe to be truly healthy, it takes more than medication.

Do you know the simplest way to relax?

Why eat blue food?

How well do you know your children?

What fun activities are good for the body and help burn calories?

Can you name five things that will lift your spirits?



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How to beat stress

Stress is part of our every day lives, but there are strategies you can use to keep stress from becoming too overwhelming and unhealthy, says stress expert Eli Bay, president of The Relaxation Response Institute in Toronto. "When you breathe as if you are relaxed, you start to become relaxed."

Here are 10 tips to help you reduce stress by breathing more healthfully.

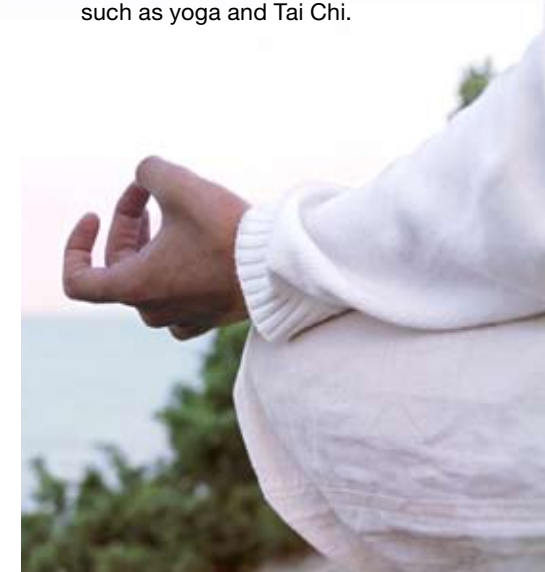
1. Consciously monitor your breathing.
2. Don't hold your breath.
3. Centre yourself by taking deep inhalations and exhalations.
4. Touch the palate with your tongue, says Bay, to quiet the mind.
5. Breathe in through the nose.
6. Breathe down into your back and imagine it expanding out.
7. Breathe right down into your tummy.
8. Let your tummy be soft when you breathe in.
9. To relax, breathe in for 4, hold for 3, breathe out for 7. Repeat.
10. Sign up for regular mind/body classes such as yoga and Tai Chi.

How stressed are you?

Want to know how stressed you are? Take our quick quiz. Answer each of the following statements with 'yes' or 'no'.

- I feel nervous or anxious a lot.
- I am a shallow breather.
- I suffer from depression and/or fatigue.
- I have chronic tension in parts of my body (raised shoulders, etc.).
- I have on-going health problems (hives, headaches, indigestion, etc.).

If you answered 'yes' to three or more, stress management techniques might be beneficial to you.



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For more helpful information on how to relax, check out these interactive videos and audios in the Manage Stress section of morethanmedication.ca

Inhale. Exhale. Breathe | Anytime, anywhere, everyday meditation techniques | The 5-minute stress buster

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