



HEALTHY MIND

Being Mindful

Mental Health Awareness

The Canadian Mental Health Association's mental health week is an annual national event that encourages everyone to learn, talk, reflect and engage with others on all issues relating to mental health. This year, it is on May 2 - 8.

Contrary to popular belief, positive mental health isn't defined as avoiding problems or trying to live a perfect life. According to the Canadian Mental Health Association (CMHA), having positive mental health is about living, being able to cope with tough times and challenges that come our way and contributing to the community.

It is important to shed the misconception that mental illness only affects a selected group of people. The fact is that it affects people of all ages, educational backgrounds, income levels, across all cultures. CMHA has found that a mental illness will be personally experienced by 20% of Canadians in their lifetime and about 8% of adults will experience major depression at some time in their lives.

If recognized early and the right treatment plan is in place, a mental illness can be successfully treated. If

you or you know someone who is mentally unwell, the CMHA offers the following suggestions.

- Talk to your doctor about your condition to find an appropriate treatment plan.
- Check your benefits plan or consult with your employer on whether or not you have Employee Assistance Plans (EAP) coverage, which provides access to counselling services and possible support groups.
- Look to your network for support. Being able to connect with family, friends, colleagues, mentors, counsellors and neighbours can do wonders for your mental state. Sometimes just being heard is a powerful healing tool.
- Elect to have a healthy lifestyle. The combination of a manageable exercise regimen with a sensible diet can boost your body and mind.



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of Canadians will personally experience a mental illness in their lifetime.

Source: Canadian Mental Health Association

TRG
GROUP BENEFITS

HEALTHY LIVING

Time to Log Out

How Electronic Devices are Harming Us

Sure, you are able to connect to the office while you're at home and not to mention how great it is that you can easily share information with the click of a button. However, the convenience and our constant availability come with a cost—namely a toll to our health.

Here's a look at how our devices may be hurting us.

1. Computer vision syndrome includes eyestrain, tired eyes, irritation, and redness – all things we've experienced for being in front of the computer monitor or other high-tech devices for hours at a time. Christine Sindt, O.D., from the University of Iowa Health Care, recommends protecting your eyes by wearing up-to-date glasses or contact lens if you require a prescriptive lens. Also, occupational glasses, single or bifocal or tinted lens could help reduce eye strain by increasing contrast perception and lessening glare or reflective light.
2. When you are on a device for an extended period of time, chances are you are sitting down. What results from prolonged sitting are some serious consequences to your health. According to Dr. Graham Colditz, from Washington University School of Medicine, this includes Type 2 diabetes, obesity, cardiovascular diseases and certain types of cancers.
3. The result of a digital lifestyle also includes stiffness in your shoulder, neck, forearm and hand. Tendons can be irritated and swelling can press on the nerves, which cause constant pain, explains Mary Barbe, a professor in the department of anatomy and cell biology at Temple University.
4. Trouble with getting quality of sleep could be caused by exposure to an illuminated monitor, whether it's a computer monitor, handheld device or TV. The lit screen stimulates the brain when you want to relax your mind before bedtime. Avoid using any visually stimulating device at least 30

minutes before you go to bed, suggests Ceridian Lifeworks Services.

If you are experiencing any of the above mentioned health tolls, try limiting your device usage. Your body and mind will thank you for it at the end of the day.

HEALTHY HEART

Goodness First

A Heart Healthy Recipe

Spring is in the air, so take advantage of the fresh fruits and vegetables that are flooding the produce aisle. Pair the fruits and vegetables with salmon as the protein to help get a rich source of omega-3 fatty acids. *Real Simple* (Oct 2011) offers this quick and easy recipe that tastes great and is good for your heart.

Salmon with Bok Choy and Apple Slaw

- Serves 4
- Hands-On Time 15 min
- Total Time 15 min

Ingredients

- 1 teaspoon olive oil
- 1 1/4 pounds skinless salmon fillet, cut into 4 pieces
- kosher salt and black pepper
- 1/2 head bok choy, thinly sliced (about 6 cups)
- 1 red apple, cut into bite-size pieces
- 4 scallions, thinly sliced
- 1/3 cup plain low-fat yogurt
- 2 tablespoons fresh lemon juice

Directions

- Heat the oil in a large nonstick skillet over medium-high heat. Season the salmon with 1/4 teaspoon each salt and pepper and cook until opaque throughout, 3 to 4 minutes per side.
- Meanwhile, in a medium bowl, toss the bok choy, apple, and scallions with the yogurt, lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Serve with the salmon.