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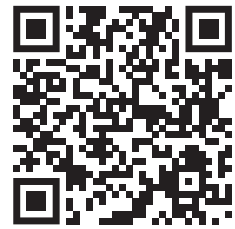
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Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

Window and Balcony Safety

by Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.



Create your perfect outdoor retreat



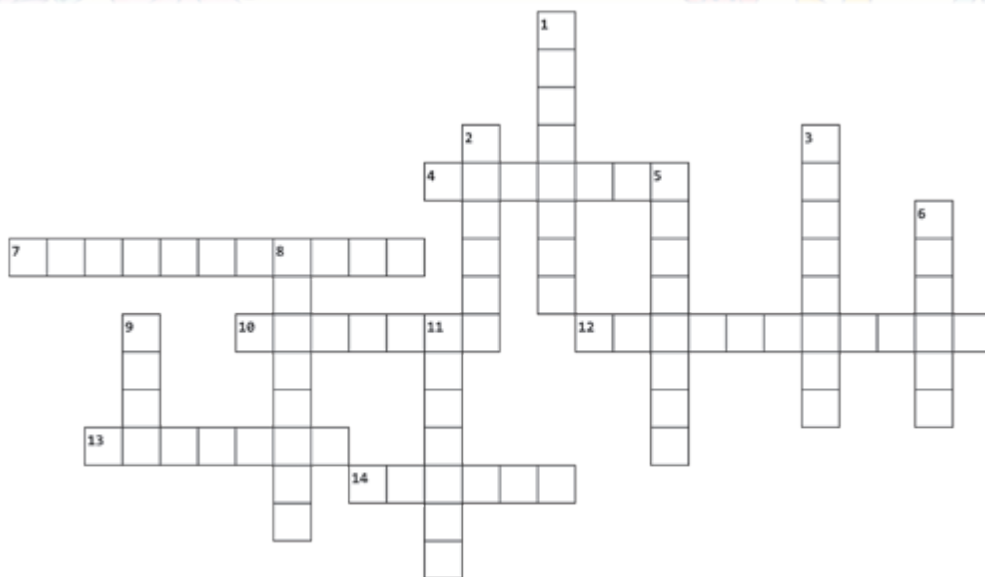
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May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



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In Loving Kindness

by Garth Paul Ukrainetz

Be not abashed when life is tough
No shame in having need
At times the road is harsh and rough
Confused this world indeed

It's crucial that we all reach out
In giving and receiving
To rise above the walls of doubt
Together we're believing

We're here to care, we're here to share
For that's what life's about
In loving kindness, hearts prepare
The Food Bank helping out



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Understanding Prediabetes

by Alberta Health Services



Did you know that in Canada, 6.1% of adults over the age of 20 have prediabetes? Having prediabetes increases the risk of progressing to Type 2 diabetes (T2D). However, there are lifestyle changes that can reduce this risk.

Prediabetes occurs when blood sugar levels are higher than normal but are not yet high enough to be classified as T2D. T2D is a chronic condition where the body is unable to use insulin properly, leading to high blood sugar that may result in other complications like heart disease or nerve damage.

What Causes Prediabetes?

Our body uses blood sugar (glucose) for energy. After eating, our body breaks some of the food we eat down into glucose. The hormone insulin then helps move the glucose into our cells to be used for energy. In prediabetes, insulin does not work as well as it used to. This leads to higher blood sugar levels resulting in prediabetes. Often, there are no physical symptoms of prediabetes.

Prediabetes can develop into T2D. However, progression is not inevitable and making changes sooner can reduce the chances of developing T2D.

For people with prediabetes, it is important to know that blood sugar levels are affected by what and when you eat.

Tips For Eating to Manage Blood Sugars

1. Limit juices and drinks with added sugar. Choose whole fruit or flavoured water with lemon or lime.
2. Eat three meals a day, with about four to six hours between meals. This can manage blood sugar and feelings of hunger.
3. Build your plate according to Diabetes Canada. Cover half your plate with vegetables, such as broccoli, spinach, and cabbage. Cover another quarter of your plate with whole grain products or starchy vegetables such as potatoes, corn, and yams. Put protein foods on the remaining $\frac{1}{4}$ plate such as lentils, tofu, meat, fish, and eggs. Visit diabetes.ca/nutrition to find the healthy eating section with additional tips.
4. Choose foods with fibre. Fibre slows down digestion and helps maintain stable blood sugar levels. Include whole grains like oats, quinoa, and barley along with vegetables and fruits to boost your fibre intake. Aim for 30 grams or more per day. Visit ahs.ca/nutritionhandouts and search Fibre for more information about foods with fibre.
5. Choose unsaturated fats. Prediabetes increases the risk of developing heart disease. Replacing saturated fat in the diet with unsaturated fat can help decrease this risk. Unsaturated fat can also help improve insulin sensitivity.

Foods high in unsaturated fats:

- Soft margarine
- Oils: canola, olive, peanut, sunflower
- Avocado, nuts and seeds, nut butters
- Ground flax seeds, chia seeds, or hemp seeds
- Fish instead of other animal proteins

Foods high in saturated fats:

- Coconut oil, lard, butter, hard margarine
- Red meat, deep fried foods, processed cheeses
- Cream and ice cream

Getting Active to Prevent Prediabetes

Physical activity is a powerful tool in managing prediabetes. Physical activity helps your body use insulin to lower blood sugar levels. Start slowly and build up to 30 minutes each day, five to seven days a week. Brisk walking, swimming, cycling, or any other activity you enjoy is a great place to start.

Resistance training such as lifting weights or bodyweight exercises can also be beneficial for building muscle and improving blood sugars.

Remember that physical activity is cumulative and does not need to be completed in one session. Even a brief ten-minute walk after a meal has been shown to improve blood sugar levels. For more information visit csepguidelines.ca.

Excess body weight is a factor that may contribute to having prediabetes and the development of T2D. A reduction as little as 5% of initial weight can greatly reduce the risk of developing T2D, for example for a person who weighs 90 kg (200 lb.), 5% weight loss would be 4.5 kg (10 lb.). Rather than focusing on rapid weight loss, aim for gradual, sustainable changes. Visit ahs.ca/nutritionhandouts and search Eating Well for Weight and Health to learn more about weight management.

Making changes can help reduce risk while still maintaining an enjoyable lifestyle. However, change can be hard, especially if we try to make too many changes too fast. Set achievable goals and take small, gradual steps to ensure that your approach is sustainable.

Consider ways to support your health that work for you and seek guidance from healthcare providers for personalized advice.



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Colorectal Cancer Screening Saves Lives

by Alberta Health Services

Colorectal cancer is one of the most common causes of cancer deaths in Alberta, often affecting people over 50 with no family history of the disease.

Colorectal cancer develops in the colon (large intestine) or rectum and can begin as growths called “polyps” on the inner wall of the colon or rectum. Not all polyps turn into cancer, but some types can with time. Early-stage colorectal cancer and polyps can exist for years, without symptoms.

Get screened regularly, especially if you are between 50 and 74-years-old. Screening looks for early signs of cancer in people who feel well and have no symptoms. With regular screening, colorectal cancer can be found early, and many types of polyps can be removed before they turn into cancer.

Screening Tests for Colorectal Cancer

The two main screening tests for colorectal cancer are Fecal Immunochemical Test (FIT) and colonoscopy. You and your healthcare provider can discuss which test is right for you.

Fecal Immunochemical Test (FIT)

FIT is the recommended screening test for people at average risk of getting colorectal cancer. Most people are at average risk. Average risk means those with no symptoms and no personal or family history of colorectal cancer.

FIT is an easy, at-home test that checks for hidden blood in your stool. You collect a small stool sample and take your completed FIT to the lab for testing. You should plan to do the FIT every year starting at age 50.

There are two easy ways to get your free FIT:

- Talk to your doctor about colorectal cancer screening. They'll give you a lab requisition form. Take this form to the lab to pick up your FIT.
- Order online at screeningforlife.ca or call AHS Screening Programs toll-free at 1-866-727-3926. We'll mail you a FIT.

If your FIT result is normal, it means that no blood was found in your stool sample. You should continue to



screen with FIT regularly. If your FIT result is abnormal, it means that blood was found in your stool sample. This can happen for different reasons.

While most people with an abnormal result do not have cancer, your doctor or healthcare provider may recommend a colonoscopy to find the cause of the bleeding.

For every 100 colonoscopies after an abnormal FIT, two to three cases of colorectal cancer are detected. Early detection leads to a 90% treatment success rate, making regular screening essential.

Colonoscopy

Colonoscopy is the recommended test for people at an increased risk of getting colorectal cancer. You may be at increased risk if you or someone in your family such as a parent, sibling, or child had colorectal cancer in the past. Colonoscopy is also the recommended follow-up test after an abnormal FIT result.

A colonoscopy lets the doctor see the inside of your colon. This test is done using a colonoscope, which is a long, thin, flexible tube with a light and camera on the end.

Colorectal Cancer Signs and Symptoms

Never ignore new symptoms including blood in your stool, a change in your bowel habits, pain in your belly, or unexplained weight loss. See your doctor or healthcare provider if you develop these or any other symptoms you're worried about. These symptoms may not be caused by cancer, but speaking to your healthcare provider can help you know for sure.

Children and The Common Cold

by Alberta Health Services

The common cold is a viral infection of the nose and throat. It is also known as an upper respiratory tract infection. There are over 200 different viruses that can cause colds. It is normal for children to have an average of six to eight colds per year. Having colds more often is not a sign of a weak immune system. Children develop their immune system by being exposed to many viruses over the years. As children get older, they get sick less often.

The 'flu' refers to a specific viral infection caused by the Influenza virus. This virus can make people quite sick, especially young children and older adults. People with the flu have more breathing difficulties and high fevers.

Some Key Facts About the Common Cold in Children

Children with a cold usually have:

- Stuffy, runny nose
- Sneezing
- Cough
- Fever
- Sore throat
- Decreased appetite

Cold symptoms usually last for three to seven days. Often, symptoms like cough or runny nose, can linger for up to two to three weeks. Fevers usually happen on the first few days your child is sick. Fevers from a cold should get better within three to five days.

Some key points to remember about the common cold in children are:

- Colds are caused by many different viruses and are common in children
- Colds cause runny nose, sneezing, cough and fevers
- Colds get better on their own – keep your child comfortable and hydrated
- If your child has a fever for five days or is not getting better, they should be examined by their doctor

When Should My Child See a Doctor?

There is no medicine to treat a cold, or make it go away faster. Your child's body will take care of the virus. The best thing to do is to make your child feel comfortable while they are sick.



While most children will have mild symptoms and get better in a few days, consider having your child seen by a doctor if they are:

- Younger than three months
- Having trouble breast or bottle feeding because of their stuffy nose
- Having fevers for more than five days
- Having a runny nose that hasn't improved after ten days
- Complaining of ear pain or fluid draining from their ear

Call 9-1-1 anytime you think your child may need emergency care. Seek immediate medical attention if:

- Your child is having trouble breathing
- Your child's lips turn blue
- Your child is complaining of neck pain or stiffness
- Your child is lethargic (very sleepy)
- Your child is dehydrated (dry mouth, no tears, no pee)

Know Your Options

It can be scary when your child is sick. But in most cases, you don't need to go to the emergency department. If you're unsure, visit [ahs.ca/options](https://www.ahs.ca/options) to learn about the options so you can get the care you need.

About AHS HEAL

The Alberta Health Services HEAL (Health Education and Learning) program was created by a team of doctors, nurses, and other clinical staff who work at the Alberta Children's Hospital and the Stollery Children's Hospital, to support families and patients with up-to-date and useful information about common childhood health concerns. Learn more at [ahs.ca/heal](https://www.ahs.ca/heal).



Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

Prep Time: 20 minutes

Cook Time: 35 minutes

Servings: 4 to 6

Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!

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