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# Stay Connected to Your Community!

by Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

### **Below are some tips that can help us practice connection and belonging:**

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others.



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# Helping Your Child Manage Stress

by Alberta Health Services



Children and teens notice and react to stress in their family and feel their own stress. It is important to recognize stress in children and teens and help them with healthy coping strategies. The strategies they learn often stay with them into adulthood.

In general, anything that may cause children fear and anxiety can cause stress. This can include being away from home, starting a new school or moving to a new location, being separated from parents or caregivers, worrying about school and getting along with others, worrying about their changing bodies, and worrying about the future.

### Watching for Signs of Stress in Children and Teens

There are many ways children and teens experience stress and it can often look different than it does in adults.

#### Preschool and toddlers:

- Anger
- Anxiety
- Problems with eating and sleeping, including nightmares
- Fear of being alone
- Irritability
- Regressing to infant behaviours
- Trembling with fright
- Uncontrollable crying
- Withdrawal

#### Elementary-age children:

- Being distrustful
- Complaining of headaches or stomach aches

- Feeling unloved
- Having no appetite
- Having trouble sleeping
- Needing to urinate often
- Wetting the bed
- Not caring about school or friendship
- Acting withdrawn
- Worrying about the future

#### Preteens and teens:

- Anger
- Disillusionment
- Distrust of the world
- Low self-esteem
- Stomach aches and headaches
- Panic attacks
- Rebellion

#### What Can You Do to Help?

Parents and caregivers can play a big role in reducing stress in children. Some of the ways you can help include:

- Acknowledge your child's feelings. When children seem sad or scared, for example, tell them you notice that they are sad or scared. If appropriate, reassure them that you can understand why they would feel sad or scared.
- Build trust. Let your child know that mistakes are learning experiences.
- Be supportive. Listen to your child's concerns. Allow your child to try to solve their own problems, if you can. But offer to help and be available to your child when they need you.

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

- Show love, warmth, and care. Hug your child often.
- Have clear expectations without being too strict. Let your child know that cooperation is more important than competition.
- Don't over-schedule your child with too many activities.
- Provide a good example. Keep calm and express your anger in appropriate ways. Think through plans to reduce stress and share them with your family.
- Teach about consequences. Children need to learn about the consequences—good and bad—of their actions. For example, if they do all of their chores on time, they will get their allowance. If they break another child's toy, they must find a way to replace it.
- Encourage healthy thinking. Help your child understand what is fantasy and what is reality. For example, help your child see that their behaviour didn't cause a divorce.
- Provide your child with some control. Allow your child to make choices within your family framework. For example, let your child arrange their room, choose family activities, and help make family decisions.

#### Relieving Stress in Healthy Ways

Try some of these stress reducing tips and notice big changes in your child, preteen, or teen:

- Exercise. Regular exercise is one of the best ways to manage stress. For children, this means activities like walking, bike riding, outdoor play, and solo and group sports.
- Write or draw. Older children often find it helpful to write about the things that bother them. Younger children may be helped by drawing about those things.
- Let feelings out. Invite your child to talk, laugh, cry, and express anger when they need to.
- Reduce screen time. Instead, encourage your child to do something else they enjoy, like playing board games, practicing a hobby, or spending time with friends. Volunteer work or work that helps others can be a great stress reliever for older children.
- Learn ways to relax. This can include breathing exercises, muscle relaxation exercises, meditating, praying, or yoga.
- Laugh. Laughter really can be the best medicine. You can be a good role model in this area by looking for the humour in life. Your child can learn this valuable skill by watching you.
- Eat healthy foods. Encourage your child to form healthy habits, including choosing healthy foods.

## Word of the Month

### Accismus:

*noun* (uhk-siz-muhs)

When someone pretends to be indifferent about or feigns refusal of something they desire.

*"Oh no, you shouldn't have," Sara said with a hint of accismus as her friend purchased her long-awaited coffee for her.*



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## Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### **When an emergency vehicle approaches with lights and siren activated:**

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

### **When operating a vehicle:**

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
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July 24	6	3	\$2,499,000	\$2,600,000
June 24	8	5	\$2,349,000	\$2,275,000
May 24	6	3	\$1,495,000	\$1,515,000
April 24	2	5	\$1,495,000	\$1,490,000
March 24	7	6	\$1,747,500	\$1,730,000
February 24	6	5	\$1,595,000	\$1,550,000
January 24	10	2	\$1,887,450	\$1,872,500
December 23	1	2	\$949,300	\$914,750
November 23	3	2	\$1,224,000	\$1,190,000
October 23	2	2	\$1,286,500	\$1,276,500

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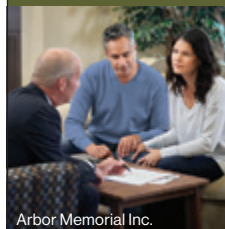
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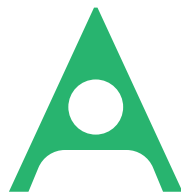
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