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by Alberta Health Services

Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we do not have control of stressors that cause the stress, but we can have control of our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere.

Managing Emotions

Commonly referred to as “name it to tame it,” this is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the current rather than the “what if.”

Breathwork

Slowing and deepening your breaths has been shown to help you self-regulate by calming your emotions. Use breathing techniques that work for you, which can include box breathing or even paced breathing.

The importance of the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

References

AHS (2024). *D-Stress*. Retrieved March 12, 2024 from <https://www.albertahealthservices.ca/amh/page/16759.aspx>.



Mindfulness.Com (2024). *Name It to Tame It: Label Your Emotions to Overcome Negative Thoughts*. Retrieved March 12, 2024 from <https://mindfulness.com/mindful-living/name-it-to-tame-it>.

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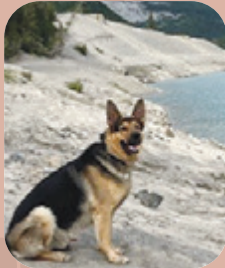
Real Estate
Statistics



Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



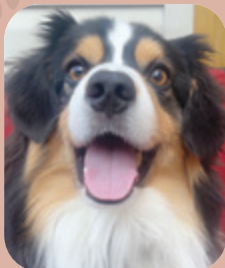
Harry, *Bridgeland*



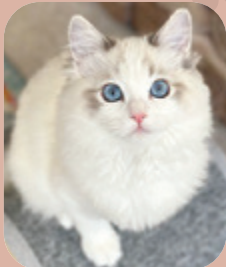
Pikko, *Hillhurst Sunnyside*



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Snowbelle,
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Richmond-Knob Hill Real Estate Update

Last 12 Months Richmond-Knob Hill
MLS Real Estate Sale Price Update

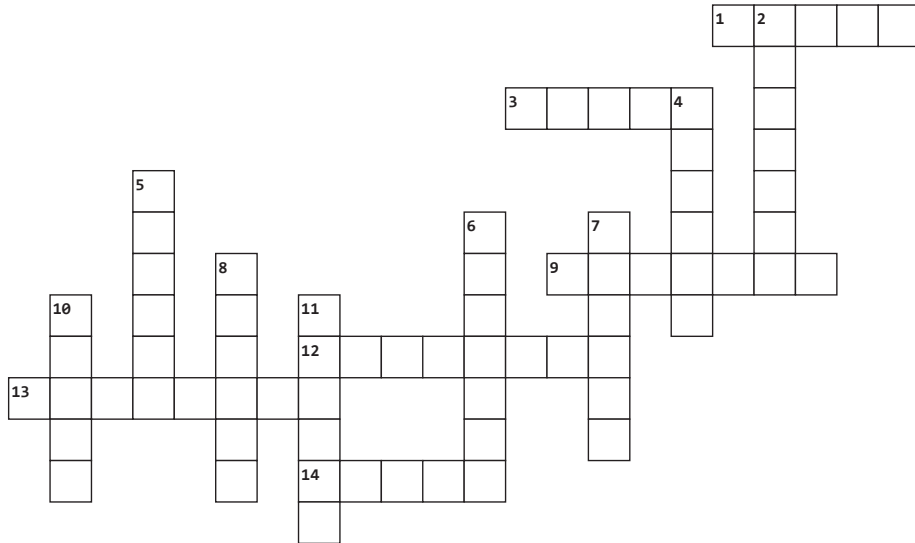
| | Median Asking Price | Median Sold Price |
|----------------|---------------------|-------------------|
| June 2024 | \$ 859,950 | \$ 884,675 |
| May 2024 | \$ 995,000 | \$ 990,000 |
| April 2024 | \$ 875,000 | \$ 900,000 |
| March 2024 | \$ 874,900 | \$ 845,000 |
| February 2024 | \$ 849,900 | \$ 887,500 |
| January 2024 | \$ 833,500 | \$ 859,250 |
| December 2023 | \$ 849,900 | \$ 840,000 |
| November 2023 | \$ 899,000 | \$ 895,000 |
| October 2023 | \$ 893,950 | \$ 890,000 |
| September 2023 | \$ 879,000 | \$ 885,000 |
| August 2023 | \$ 686,950 | \$ 699,250 |
| July 2023 | \$ 849,950 | \$ 850,000 |

Last 12 Months Richmond-Knob Hill
MLS Real Estate Number of Listings Update

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| June 2024 | 19 | 16 |
| May 2024 | 23 | 17 |
| April 2024 | 18 | 23 |
| March 2024 | 21 | 17 |
| February 2024 | 12 | 19 |
| January 2024 | 20 | 12 |
| December 2023 | 5 | 11 |
| November 2023 | 11 | 9 |
| October 2023 | 15 | 16 |
| September 2023 | 23 | 21 |
| August 2023 | 22 | 18 |
| July 2023 | 17 | 16 |

To view more detailed information that comprise the above MLS averages please visit rich.mycalgary.com

August Crossword



Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _____" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate _____ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the _____ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The _____, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael _____ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

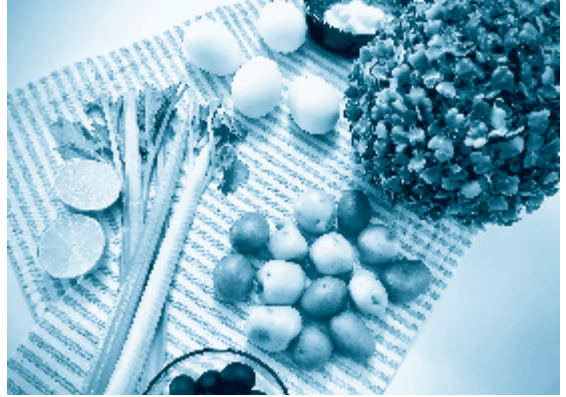
Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!





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On September 1, the first new health organization to come out of the dissolution of Alberta Health Services officially comes online. This means 10,000 employees, 500 contracts, and more than a billion dollars dedicated to addiction and mental health services under AHS will be transferred to a new entity called Recovery Alberta. If all goes according to the government’s plan, it will streamline services and offer Albertans better access to the health care they need.

As the Critic for Mental Health and Addiction, it’s my role to ensure the transition pays off, always with the goal that Albertans can access the health resources they need. Over the past few months, I’ve spoken with many people who described nightmare scenarios trying to find doctors, counsellors, and psychologists, prescriptions, and group programs to help themselves or a loved one with complex mental health issues. While the government is committed to building addiction treatment centres, I’m hearing about mental health programs being eliminated, and deeply inadequate services outside of Calgary and Edmonton.

So, I watch the transition to Recovery Alberta with cautious optimism. In the days following its announcement, there was a lot of confusion amongst addiction and mental health workers about how the transition would impact them. Healthcare is an incredibly complex system that is already difficult for families to navigate and consultation with those who know the system best is critical. Bill 22, the Health Statutes Amendment Act, introduces a new health system framework that is equally complex. We will all need to learn it together, and I look forward to supporting patients, families, and healthcare workers through the transition and beyond.

P.S. Thank you to everyone who came out to my Stampede BBQ. It was an amazing time, and I can’t wait to do it again next year!



No sooner does Parliament recess, than I am preparing for a full day of events to celebrate Canada Day, and then... right in to honouring our proud western heritage at Stampede – truly the Greatest Outdoor Show on Earth! The festival is equal parts work and celebration for me, which I think perfectly encapsulates the spirit of Calgary and the hardworking, fun-loving people who call it home.

I really appreciated all the feedback I received from so many people over the past month. In this job, it’s important to stay connected to the people we represent, and I am thankful for all the feedback many of you provided.

While it has been a steadily growing theme since I first ran for office five years ago, I hear even more concerns about affordability and the impact that it’s having on households across the country. Although that financial hardship has become clearer, the Liberal government continues to double down on their policies of spending taxpayer funds they do not have and loading that burden onto young people. Most of us don’t want to do this to our children. The illusion that someone will pay tomorrow for what we spend today ignores the notion of passing a better nation to those who follow us. I will continue to push for accountability.

I hope to see you at the Marda Gras Street Festival on August 11 or the Chinatown Street Festival on August 17. Both are great opportunities to share in Calgary’s varied neighbourhood celebrations.

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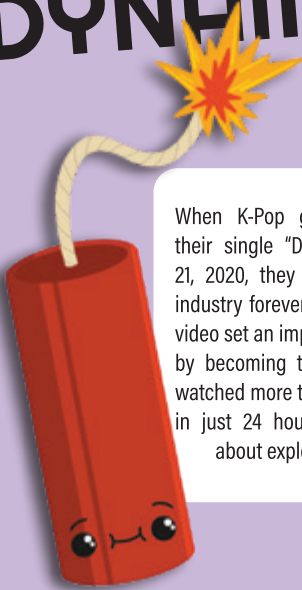


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