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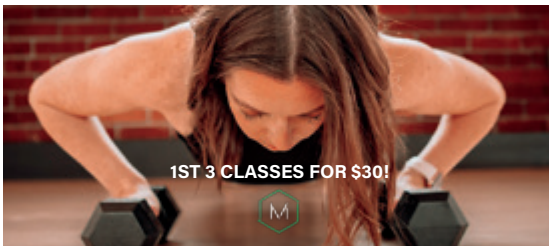
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We currently don't have any open board positions but are looking for individuals to join our Events Committee to assist with events like our Stampede BBQ and Progressive Dinner. Email events@mrca.ca to learn more.

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UPPER MOUNT ROYAL



LOWER MOUNT ROYAL



10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/ pharmaceutical intervention from your doctor may also be necessary.



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Membership Drive 2023

***Become an MRCA member today!
Renew your membership!***

Mount Royal is a vibrant and diverse community with wonderful neighborhoods, parks, and amenities.

Our Community Association volunteers run events and programs (Stampede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

**Becoming a member and renewing membership just got easier!
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The Thrive Five

by Alberta Health Services

Everybody has mental health; it is all different, with so many ways to support it. For example: engaging in culture, being in nature, and spiritual and gratitude practices. Most important is you find something you value.

Thrive Five are factors that are evidence based that can help foster and maintain a healthy mind. These include, exercise, sleep, healthy nutrition, supportive relationships, and helping others. These are not the only ways to support mental health but are actionable areas that we can all review if in a challenging situation and wanting to enhance our coping skills.

Here Are the Thrive Five and Tips to Embrace These Factors

1. Sleep Soundly

We need between seven and nine hours of “restful” sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and consider taking a short nap if needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

2. Eat Well

You must nourish to flourish! Fuel your body in a balanced way that feels right. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those you genuinely enjoy. It is all about balance!



3. Move More

Adding movement for at least 30 minutes per day can help manage stress and boost your mood. Take a walk around your neighbourhood, join a community exercise class, or explore a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

4. Give Back

People who are kind, generous, and compassionate see clear benefits to their well-being and happiness. Lend a helping hand by running errands or shoveling the driveway of a neighbour, or volunteer with a local organization. Give back in a meaningful way that resonates with you.

5. Say Hi

Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!

Word of the Month

Metanoia: noun (met-uh-noi-uh)

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”



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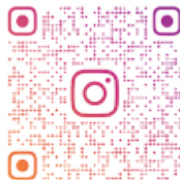


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Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

A Shopper's Guide to Premiumization

by the Better Business Bureau

Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

Tips for Navigating Premiumization as a Shopper

Do Your Homework. Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

Understand What Makes a Product Premium. Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

Comparison Shop. To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

Watch for "Greenwashing." Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.

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is it drooping?

Arms
can you raise both?

Speech
is it slurred or jumbled?

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heartandstroke.ca/FAST



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 ✉ greg.mclean@parl.gc.ca

Friends,

As we commemorate National Day for Truth and Reconciliation, we must reflect on the ongoing struggles that Indigenous communities in Canada face. Decades of systemic neglect have led to numerous adversities, some as fundamental as the lack of clean water. Indigenous communities often grapple with major problems such as extended water advisories, exacerbating existing health and sanitation issues.

Furthermore, many reserves lack comprehensive sustainable economic opportunities. We need to act and create new opportunities. For instance, this is why the conservatives have proposed constructing pipelines in partnership with first nations groups to foster economic growth.

Lastly, the haunting legacy of residential schools persists. This dark chapter in our history has inflicted intergenerational trauma and continues to impact Indigenous communities in multifaceted ways to this day.

This National Day for Truth and Reconciliation, it is our responsibility to acknowledge these hardships and foster dialogue around solutions that respect the rights and dignity of first nations communities. As we remember the past, we must ensure that the spirit of reconciliation informs our actions for the future.

September also marks our annual Calgary pride celebrations. This is a splendid opportunity to acknowledge the considerable progress made by the LGBT+ community in Calgary and to celebrate those who are living their authentic lives. I have always been a supporter of the 2SLGBTQ+ community and continue to stand with them.

Sincerely,

Greg McLean



MLA Calgary-Elbow
Samir Kayande
 205 – 5005 Elbow Drive SW T2S 2T6
 ☎ 403-252-0346
 ✉ calgary.elbow@assembly.ab.ca

Dear Neighbours,

Like everyone else in the city, I'm shaking my head at how fast this summer has flown by. The back-to-school outfits are hanging in the closet and our family is gearing up for Labour Day weekend to enjoy the last of the summer sunshine.

It has been a very special season for me as I have had the chance to connect with so many of you as I settle into my new role. Some particular highlights of the last month include Calgary Fringe Festival, Carifest, and Globalfest. I can't wait to participate in Calgary Pride this coming weekend and to celebrate our wonderful 2SLGBTQ+ community together.

As I have been settling into my role as MLA for Calgary-Elbow, I have been hearing from many of you about the challenges that you face in accessing healthcare. I have heard your stories about waiting months for lab work, the difficulty of finding a family doctor, and being placed on year-long waitlists for life-changing surgeries. Thank you to everyone who has taken the time to share their experiences with me. My caucus colleagues and I are committed to fighting for comprehensive, timely and fully public healthcare and we will never stop advocating for you.

A reminder that my office is located at 205 – 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. I am always happy to meet with constituents and listen to what is on your mind. Thank you to everyone who has taken the time to call, write and meet with me so far; it is a privilege to serve this community!

Sincerely,

Samir



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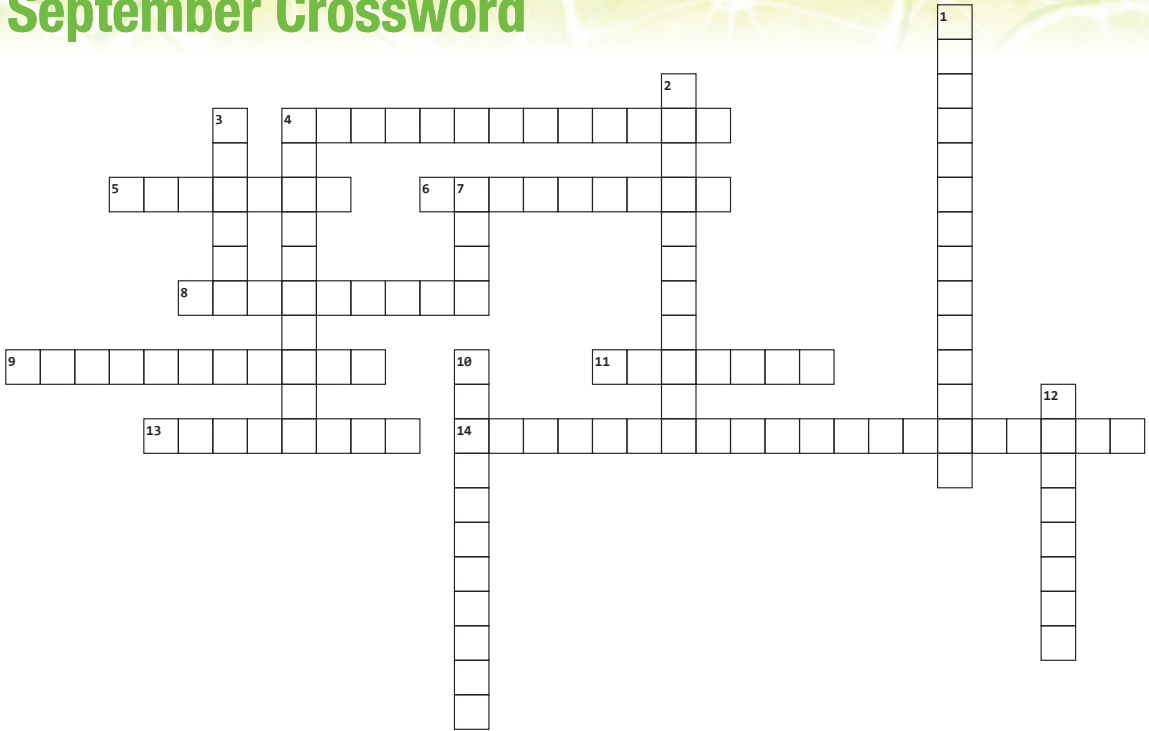
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Nature's Ottoman

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September Crossword



Across

4. On September 23, 2023, also known as the _____, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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