



# myHealth

**Healthy Heart,  
Healthy Mind,  
Healthy Living.**  
**September 2020**

## Healthy Living Everyday Health & Wellness Tips to Tackle Germs

The start of every school year can be an equally exciting and anxious time for both kids and parents. This year's return to school is probably more concerning for everyone, given the global pandemic. While social distancing protocols may not be available on the school grounds, try adopting the following tips to help keep germs at bay.

**Wash your hands properly and frequently.** Use running water and soap and scrub your hands for at least 20 seconds. Use a clean towel to dry your hands and turn off the faucet with the used towel. If you can help it, avoid touching your face throughout the day.

**Sleep more.** Make your bedtime a priority as getting enough quality sleep does wonders for your body. During the slumber hours, your body repairs and rejuvenates itself so you can be prepared for the next day.

**Cook meats thoroughly.** As raw meat can carry bacteria, make sure the meat is cooked through and through before eating it. Plus, you can avoid contamination by washing your hands after handling raw meat.

**Eat a balanced diet.** Incorporate plenty of fruits, vegetables, whole grains, and lean meats into your meals. Eating the right foods can help fuel your body to combat the germs.

**Manage your stress levels.** Since stress is inevitable, learning to cope with it will improve your overall physical and mental health. Coping skills differ from person to person. Find one(s) that work for you and seek help from a health professional if necessary.

**Keep moving.** Regular exercise helps expel bacteria from your lungs and the higher body temperature can be a secret weapon to fight germs. Exercise also provides endorphins to make you feel happier!



**Be courteous.** If you need to sneeze or cough, do so inside your elbow and/or use a tissue. Before touching a common surface, wash your hands properly or use hand sanitizer if running water and soap are not available.

**Stay home.** If you are sick or think you may be coming down with something, the best thing you can do for the sake of everyone's health is to stay home. Make sure no other symptoms develop before returning to work and school.



## Healthy Mind

# World Suicide Prevention Day

## Take a Minute to Reach Out to Someone

Since 2003, World Suicide Prevention Day has been observed on September 10. As we are still in a global pandemic due to COVID-19, it is more important than ever to reach out to those around you to ensure they are doing well - both physically and mentally.

Although we must continue to limit physical contact with our family, friends, neighbours and colleagues, the need for social contact and support can still be achieved through digital communication, such as telephone, videoconference, email, text, etc.

Individuals in distress are often not looking for specific advice. Regular check-ins and having a social network provide hope and relief that they are not alone.

The International Association for Suicide Prevention (IASP) encourages everyone to take a minute to do the following:

1. notice what is going on with you, your family, your friends and your colleagues
2. reach out and start a conversation if you notice something is different
3. find out what help is available for both you and others

Some warning signs of suicide to look out for include: hopelessness/helplessness, anger/rage, recklessness, withdrawal, substance abuse, mood changes, sleeplessness/sleeping too much.

Whether you are struggling to cope with distress or know someone might be at risk, understand that help is always available. In Canada, there are many crisis centres, all available 24/7. To find one close to you or someone you know, go to <https://suicideprevention.ca/need-help/>.



## Healthy Heart

# Break the Fast

## A Recipe for Blueberry Chia Overnight Oats

Weekday mornings are typically hectic so there's rarely enough time to prepare a healthy breakfast, let alone have time to eat one. Courtesy of Desiree Nielsen, Registered Dietitian, this [easy breakfast recipe for blueberry chia overnight oats](#), requires only five minutes to prepare the night before so it can be enjoyed the next morning!



### Ingredients

- 2 cups cashew milk (use almond, whatever you feel like)
- 1.5 cups rolled oats (can use GF oats too)
- 1.5 cups fresh or thawed blueberries
- 1 cup plain Greek yogurt
- 1/2 cup water
- 2 tablespoons chia seeds
- 2 tablespoons honey or maple syrup (to your taste, omit if you like)
- 2 teaspoons cinnamon

### Instructions

1. The night before, mix the oats, cinnamon, chia seeds, milk, water and honey together in a medium bowl.
2. Pour into three separate bowls or jars and stick in the fridge overnight or for at least 5-6 hours.
3. Before serving, dollop with Greek yogurt and blueberries on top of each bowl to serve.

### Notes

You may add additional milk/water in the morning to loosen up oats into your desired consistency.

**For more information or assistance, please contact your HUB Benefits Advisor.**