

# Keeping Our STAFF Healthy & Well

JULY 2020 // WEEK 3 // PAGE 1

## How Working on Your Goals Makes You Happy

Research shows that personal goals that are congruent with your interests can increase your emotional well-being. This means that working on your goals can make you happy and feel more satisfied in life. Here are some tips from Norma Nikutowski from [www.happiness.com](http://www.happiness.com) blog to help put you on a great path to happiness.

### WELL-DEFINED GOALS CAN MAKE YOU HAPPY BECAUSE...



"When a flower doesn't bloom, you fix the environment it grows in, not the flower."

- Alexander Den Heijer

- They help you focus on what you want.
- They help you take charge of the life you want to live.
- They help you spend time in meaningful ways.
- They help to enhance your confidence.
- They help make you feel motivated.
- They help increase your self-development.
- They help you discover more about yourself.
- They help you explore new situations.
- They help you meet new people.
- They help you find new strengths.
- They help you work around your weaknesses.
- They help you move closer to your ideal life.
- They help you learn and develop new skills.
- They help you tackle bigger and more difficult goals.
- They help you feel proud of your accomplishments.

### GOALS CAN IMPACT YOUR EMOTIONS

Starting with short term, realistic, and easy to achieve goals, will keep your emotions positive. Accomplishing a goal you have been working on can increase contentment, pride, and happiness.

### 10 STEPS TO BE HAPPY BY WORKING ON YOUR GOALS

1. **Make a decision about your goal.** Figure out what you would like to work towards. You can decide to start big or small, however starting with a small goal can be motivating and increase your confidence in tackling larger goals.
2. **Put it in Writing.** Write down your goal to provide clarity and remind yourself of what you are trying to accomplish.
3. **Be specific.** What exactly are you trying to accomplish? How long do you think it will take you? What is a reasonable deadline? How will you know that you achieved your goal?
4. **Have an implementation plan.** It helps you follow through your goals. What is the first step you can take right now?
5. **Break your goal down.** If you are working on a bigger goal, break it down into smaller goals. This will help you reach the end goal faster.
6. **Minimize multi-tasking.** Reduce distractions by blocking time to work on your goal. Make time in your schedule to attend to your goal.
7. **Have an accountability partner.** Sharing your goals with someone helps to make sure that you follow through on them. Make sure this person is encouraging and supportive.
8. **Be optimistic.** It is important that you hope for the best. Believe in your plan will help you to be consistent and help you bounce back from setbacks.
9. **Listen to music.** Upbeat songs can put you in the right mood to help you push through with your goals.
10. **Celebrate.** Take time to celebrate when you accomplish your goals. Show gratitude to your accountability partner. Do not lose sight of what you learned and what you loved most about working on your goal.

### SOMEONE IS ALWAYS HERE FOR YOU!

**Text4Hope:** Text COVID19HOPE to 393939

**KTC Counselling Services:** Contact Health Centre

**AHS Mental Health Line:** 1-877-303-2642

**First Nations Inuit Hope for Wellness:** 1-855-242-3310 (24 hours)



### "16 Small Steps to Happiness" Challenge - by Emma Elsworth

Source link: <https://emmaelsworth.com/post/50463252599/sixteen-small-steps-to-happiness#:~:text=push%20yourself%20to%20get%20up,feeling%20re%2Denergized%20and%20comfortable.>

1. **Push yourself to get up before the rest of the world** - start with 7am, then 6am, then 5:30am. Go to the nearest hill with a big coat and a scarf and watch the sun rise.
2. **Push yourself to fall asleep earlier** - start with 11pm, then 10pm, then 9pm. Wake up in the morning feeling re-energized and comfortable.
3. **Erase processed food from your diet** - start with no lollies, chips, biscuits, then erase pasta, rice, cereal, then bread. Use the rule that if a child couldn't identify what was in it, you don't eat it.
4. **Get into the habit of cooking yourself a beautiful breakfast** - fry tomatoes and mushrooms in real butter and garlic, fry an egg, slice up a fresh avocado and squirt way too much lemon on it. sit and eat it and do nothing else.
5. **Stretch** - start by reaching for the sky as hard as you can, then trying to touch your toes. roll your head. Stretch your fingers. Stretch everything.
6. **Buy a 1L water bottle** - start with pushing yourself to drink the whole thing in a day, then try drinking it twice.
7. **Buy a beautiful diary and a beautiful black pen** - write down everything you do, including dinner dates, appointments, assignments, coffees, what you need to do that day. No detail is too small.
8. **Strip your bed of your sheets and empty your underwear draw** into the washing machine. put a massive scoop of scented fabric softener in there and wash. Make your bed in full.
9. **Dig your fingers into the earth** - plant a seed. See your success as it grows everyday.
10. **Organize your room** - fold all your clothes (and bag what you don't want), clean your mirror, your laptop, vacuum the floor. Light a beautiful candle.
11. **Have a luxurious shower with your favourite music playing** - wash your hair, scrub your body, brush your teeth. Lather your whole body in moisturizer, get familiar with the part between your toes, and the back of your neck.
12. **Push yourself to go for a walk** - take your headphones, go to the beach and walk. smile at strangers walking the other way and be surprised how many smile back. Bring your dog and observe the dog's behaviour. Realize you can learn from your dog.
13. **Message old friends with personal jokes** - reminisce. Suggest a catch up soon, even if you don't follow through. Push yourself to follow through.
14. **Think long and hard about what interests you** - find a book about it and read it. There is a book about literally everything.
15. **Become the person you would ideally fall in love with** - let cars merge into your lane when driving. Pay double for parking tickets and leave a second one in the machine. Stick your tongue out at babies. Compliment people on their cute clothes. Challenge yourself to not ridicule anyone for a whole day, then two, then a week. Walk with a straight posture. Look people in the eye. Ask people about their story. Talk to acquaintances so they become friends.
16. **Lie in the sunshine** - daydream about the life you would lead if failure wasn't a thing. Open your eyes. Take small steps to make it happen for you.



NEED TO TALK? SUPPORT IS AVAILABLE!  
Contact your health centre for available supports.

# Keeping Our **STAFF** Healthy & Well

JULY 2020 // WEEK 3 // PAGE 2

## Staff Activities

### Did you **KNOW**

#### **NOT ALL RAINDROPS ARE MADE OF WATER**

On Venus, and other moons and planets, rain is made of sulfuric acid or methane. Even stranger: On a planet 5,000 light years away, scientists found raindrops made of iron rather than water. For more rain fun facts check out: <https://www.rd.com/list/rain-facts/>

### STAFF SHARE OF THE WEEK

Share with staff traditional crafts you like to do with your kids or grandchildren! Include a pictures and include instructions on how to make.

### MEET THE STAFF



#### *Meet Lindsey Sprague, Children's Programs Supervisor, KTC Children's Health Team*

*Lindsey Sprague has just recently joined the KTC family as the Children's Programs Supervisor. She is fairly new to Edmonton and Alberta in general as she just moved here about a year ago from Northeast BC. Lindsey has a wide variety of knowledge and skills in her background, including Indigenous child and family services, child protection and early childhood development. Of course, her biggest lessons have come from being a mother to three, now pre-teen, children and two sassy pups! Lindsey looks forward to meeting everyone and working together.*

Lindsey and her team are currently working on the Children's Virtual camps that will be taking place next week. They are very excited for the opportunity to be able to connect with the children during this time. They are also planning in-person camps to take place for mid and end of August that will mirror the virtual camps and incorporate a land based activity.

## My Self-Care Checklist

Use this self-care checklist to help give yourself a much needed mental health break. We all have busy schedules and tend to forget or push aside our mental health. It is important that we check-in with ourselves to make sure we are doing okay. Get in the habit of doing this daily and it will help you start your day and end your day in the right way!

*Safe people I can talk to*

*Healthy habits I enjoy*

*Things I don't do anymore  
that I miss*

*My daily positive thought*

*Things to do when I don't  
know what to do*

*Thoughts & actions I  
should stay away from*

*today is a good day*

## SUMMER RECIPE OF THE WEEK

Submitted by Joan Haggerty

### Shrimp In Foil

#### Ingredients:

- 1 Tbsp Cajun or Creole seasoning
- 24 (1 lb) Large Shrimp cleaned
- 3 oz. of Sausage, sliced thin
- 1-1/2 cups of Corn Kernal
- 1/4 cup chopped fresh Italian Parsley leaves
- 1/4 cup chopped fresh Basil Leaves
- 2 Tbsp Olive Oil
- Chopped potatoes
- Sliced Bell Peppers



#### Instructions:

- We wrap them in single servings. Then cook over an open fire (usually at the lake) They are the best! Mind you, I feel that anything cooked on an open fire tastes way better!

*" A beautiful day begins  
with a beautiful mindset"*



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