

Keeping Our STAFF Healthy & Well

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Let's Chat About Communication

"Communication is something we do everyday and it happens when we book an appointment at the dentist or when we take on a new project at work." Learn more about "The Art of Communication" from <https://www.familycounselling.com/lets-talk-about-it-the-art-of-communication/>

BE A GOOD LISTENER

Good communication starts with listening. Do you hear what the other person is saying? We have all been in a position that we end up in a conversation where the other person hasn't heard us and they are just moving ahead and making assumptions.

DON'T MAKE ASSUMPTIONS

No matter how well you think you know someone, you can never know what someone else might be thinking. Assumptions can lead to misunderstandings and unproductive conversations. Assumptions can also cause anxiety in wondering if you are doing the right thing and can also lead to awkward outcomes later.

ASK QUESTIONS

Ask questions if you are unsure or need further clarity. This is a good step to avoiding assumptions. Questions will help you get the facts and clearly understand what is being discussed.

OBSERVE FOR NON-VERBAL MESSAGES

In other words, what aren't they saying. Look for body language such as tightly folded arms, clenched fist, eyes looking down, and facial expression. Listen for tone of voice, does it sound like they are not understanding or unsure of the conversation? Our non verbal messages tell us more than you might think.

SAY WHAT YOU MEAN

So you might think that you say what you mean but we often talk around things. Telling someone that you are thirsty when they are headed to the kitchen is not the same as asking if they would mind bringing you a glass of water.

DELIVER WITH CONFIDENCE

Source: <https://blog.mindvalley.com/effective-communication-skills/>

Many people are scared of public speaking or speaking with someone they are not familiar with. If you want your voice heard, you need to build a strong and confident delivery. Becoming a more confident speaker takes time, and practice. Be patient, be kind to yourself, and work at it day by day. Here are some tips on do's and don'ts on confident communication from www.mindvalley.com:

- **Don't speak before you think.** Take time to decide what you'd like to say.
- **Don't ramble.** The key to confident communication is to be succinct.
- **Don't yell.** Bold communication is about much more than simply raising the volume of your voice. You want to be clear and concise, but you don't need to be loud.
- **Do slow down.** One tip-off of nervous communication is high pitched, quick pace speech. Take a deep breath. Slow down. Take your time.
- **Do stay present.** One way we trip ourselves up when speaking is trying to conjure up what we're going to say next. Trust in yourself. Trust that the words will come. You can only say one thing at a time. Stay present.
- **Do be aware of your body.** Confidence is about much more than just your voice. Your body language says a lot too. Relax your shoulders, ease your jaw, stand tall, and take a deep breath. When you're ready, begin to speak.

AVOID THESE BAD COMMUNICATION HABITS

Effective communication skills is more than increasing your confidence and active listening. Connect effectively by avoiding these bad habits:

- Interrupting others
- Looking at your phone while others are speaking
- Rambling without a clear point
- Avoiding eye contact
- Closed body language

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)



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

Keeping Our **STAFF** Healthy & Well

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Staff Activities

Did you
KNOW

NATURAL LIGHT PROVIDES HEALTH BENEFITS

Natural light boosts your vitamin D which can help prevent bone loss and prevent the risk of heart disease. Natural light also helps you ward off seasonal depression and helps you have a better sleep. For more information on how natural light provides health benefits and how to get more natural light visit: <https://www.healthline.com/health/natural-light-benefits#benefits>

MEET THE KTC STAFF



Meet Connie Calliou, Treaty 8 Wellness Consultant, KTC

Connie is from Sucker Creek First Nation, born, raised and still living in her community. As the Treaty 8 Wellness Consultant, she supports the NNADAP workers (and Wellness Teams) in our communities. The uniqueness of her position is that she works with all of the Treaty 8 First Nations, not just the KTC communities. Connie has worked in the Addictions field since 2007, when she started as the NNADAP worker in her home community. She continues to learn from NNADAP Workers, community staff and all the connections and collaborative service providers. Connie considers herself very fortunate to be a part of the KTC Family and to be continually supported in her experiences.

Folks in recovery always say 'one day at a time!' Connie believes this is true for life, recovery or not!

Summer Self-Care Checklist

Summer is a great time to get outdoors and give yourself some well deserved self-care! Here are some ideas from www.mentalhealthfirstaid.org

- Ditch the couch and relax outdoors
- Go for a stroll
- Explore a local market
- Start a garden or join a community garden
- Tidy one small space
- Make a summer feel-good playlist
- Go on a picnic
- Try a new exercise
- Get involved in your community
- Start or continue a journal
- Reconnect with someone
- Have a at home spa day
- Go exploring
- Practice Mindfulness
- Reflect and make time for your needs

"Give yourself the same care & attention that you give to others and watch yourself bloom"

SUMMER RECIPE OF THE WEEK

Submitted by Jannine Callihoo

(<https://www.lovebakesgoodcakes.com/no-bake-orange-creamsicle-cheesecake/>)

No-Bake Orange Creamsicle Cheesecake

Ingredients:

- 12 oz. vanilla wafers
- 1-1/2 cups granulated sugar, divided
- 4 tbsp. (1/2 stick) unsalted butter, melted
- (8 oz. each) packages cream cheese, softened to room temperature
- 2 cups heavy cream
- 1 box (3 oz.) orange jello
- 1 cup boiling water
- 1/2 cup powdered sugar
- 1/2 tsp. vanilla extract
- Zest of one orange

Instructions:

1. Pulse vanilla wafers in a food processor until it resembles crumbs. Add 1/2 cup granulated sugar and melted butter, pulsing to combine.
2. Spray a 9-inch springform pan generously with cooking spray and press mixture into bottom of the pan and slightly up the sides. Chill in the freezer for at least 30 minutes.
3. In a large mixing bowl, beat together cream cheese and 1 cup granulated sugar with a hand-held mixer until smooth and creamy. Set aside.
4. In a separate bowl, whisk together orange jello and boiling water until dissolved and set aside.
5. In a separate medium bowl, whip heavy cream, vanilla extract, and confectioners sugar until stiff peaks form. Combine half of the whipped cream mixture with the orange jello mixture and the other half with the cream cheese mixture.
6. Alternate spreading each mixture into the pan, starting with the cream cheese mixture and ending with whipped cream. Chill in the fridge for at least 4 hours or overnight before serving.



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