

Keeping Our STAFF Healthy & Well

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Creating Healthy Boundaries

"Creating healthy boundaries is empowering. By recognizing the need to set and enforce limits, you protect your self-esteem, maintain self-respect, and enjoy healthy relationships". "Unhealthy boundaries cause emotional pain and can lead to dependency, depression, anxiety, and even stress-induced physical illness." Setting boundaries is essential to our well-being. Here are some tips from https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_Boundaries.pdf

Setting Boundaries Helps:

- To practice self-care and self-respect
- To communicate your needs in a relationship
- To make time and space for positive interactions
- To set limits in any relationship that is unhealthy

Physical Boundaries Include:

- Your body
- Sense of personal space
- Your belongings
- Privacy

Emotional Boundaries Include:

- Your self-esteem
- Your feelings
- Your thoughts
- Your words

Boundary Setting BARRIERS Could Include:

- We are afraid of rejection or abandonment.
- We fear confrontation.
- We feel guilty setting boundaries.
- We were not taught about healthy boundaries.
- We feel there are safety concerns.
- We feel responsible for others happiness.

If you are dealing with someone who is physically dangerous or threatening to you, it may not be safe to attempt to set explicit boundaries with them. If you are in this situation, it can be helpful to work with a counselor, therapist or advocate.

Assess your current state of your boundaries:

Healthy Boundaries allow you to:

- Have high self-esteem and self-respect.
- Share personal information gradually and mutually.
- Protect your physical and emotional space.
- Have an equal partnership.
- Share power and responsibility.
- Be assertive and be able to say confidently and truthfully "yes" or "no" and be okay with others saying "no" to you.
- Separate your needs, thoughts, feelings from others.
- Empower yourself to make healthy choices and take responsibility for yourself.

Unhealthy Boundaries are characterized by:

- Sharing too much too soon.
- Closing yourself off and not expressing your needs or wants.
- Feeling responsible for others happiness.
- Inability to say "no" for fear of rejection.
- Basing how you feel about yourself on how others treat you.
- Disempowerment by allowing others to make decisions for you.
- You feel powerless and do not take responsibility for your own life.

How to set up Personal and Emotional Boundaries:

Source: <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>



PositivePsychology.com

Tips for setting Healthy Boundaries:

Identify the need to set a boundary: do it clearly, calmly, firmly, respectfully and with as many few words as possible. You don't need to justify or apologize for the boundary you are setting.

You are not responsible for the other persons reaction: do it clearly, calmly, firmly, respectfully and with as many few words as possible. You don't need to justify or apologize for the boundary you are setting. Those accustomed to controlling you, might test you. Plan on it, expect it, but remain calm and firm.

You have the right to your own self-care and well-being: at first you may feel selfish, guilty or embarrassed. Remind yourself you have the right to self-care. This might take practice and determination. Don't let fear or guilt prevent you from taking care of your well-being.

Give yourself time: setting new boundaries is a process and can take time. Set them in your own time frame, not when someone else wants you to.

Create a support system: your support system should include people who respect your right to set boundaries. Distance yourself from toxic people in your life who want to control, abuse or manipulate you.

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.

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Staff Activities

Did you
KNOW

PUMPKIN SPICE HAS NOTHING TO DO WITH PUMPKINS

Pumpkin spice is actually the spice mix used for pumpkin pies. It is made from 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 ½ teaspoons ground allspice and 1 ½ teaspoons ground cloves.

MEET THE
KTC
STAFF



Meet Priscilla Lalonde, Community Connections Advisor/Trainer, KTC

Priscilla Lalonde is an *Nehiyaw Iskwew*, treaty from Driftpile First Nation. She is a proud Kokum to three amazing Nosimak and is grateful to be a part of a large family. Priscilla is a social worker and has worked in various helping roles for the past forty years. Priscilla joined KTC Health a year and a half ago as our Community Connections Advisor/Trainer. She supports the KTC Nation communities in the areas of Mental Health and Suicide Prevention. She works with the Community Connection Co-ordinators and other helpers in the communities. Priscilla has been a Mentor and Trainer in Suicide Prevention for the past twenty five years and believes that the knowledge we need to keep safe from suicide is within our communities, our Elders and our family and friends. We can make a difference!

There are lots of workshops and sessions happening this month. If you are interested in learning through more training, let Priscilla know. September is Suicide Awareness Month and September 10 is World Suicide Prevention Day.

SMART TIPS TO GET YOUR HOUSE READY FOR FALL

Source: <https://www.goodhousekeeping.com/home/cleaning/tips/a25733/fall-cleaning-tasks/>

INTERIOR MAINTENANCE:

- Check for drafts
- Have your furnace inspected
- Winterize air conditioning
- Replace batteries in smoke detectors & monoxide devices
- Clean humidifiers

EXTERIOR MAINTENANCE:

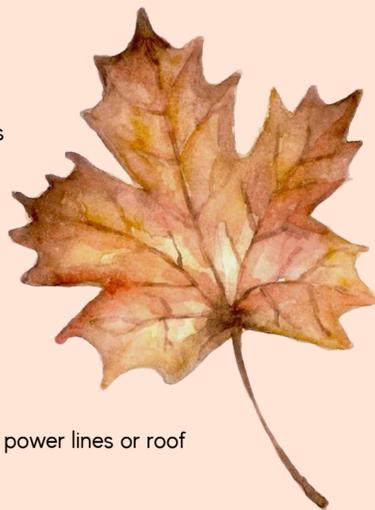
- Do a roof check
- Check the chimney or fireplace
- Stock up on firewood
- Inspect siding or cracks or holes
- Clean gutters
- Check water drainage
- Turn off faucets and store hoses
- Inspect trees that have damaged limbs or are too close to power lines or roof
- Trim landscaping
- Plant bulbs
- Put away seasonal furniture
- Organize the shed (summer stuff to the back)

PERSONAL VEHICLE MAINTENANCE:

- Get a general tune-up
- Check your wiper blades
- Check and change/freshen fluids
- Get an oil change
- Check the battery
- Test block heater
- Put on winter tires or check tire threads are good
- Re-stock emergency vehicle kit and place in trunk

EMERGENCY VEHICLE KIT SHOULD INCLUDE:

- First aid supplies
- Flashlight
- Thick blanket
- Booster cables
- Ice scraper & snow brush
- Small shovel
- Emergency reflectors
- Candles
- Matches or lighter



RECIPE OF THE WEEK

Submitted by Joyce D Badger

Best Lasagna Ever

Ingredients:

- 1 lb lean ground beef
- ½ cup chopped onion
- 1 finely chopped garlic clove
- 1 medium chopped green pepper
- 15 oz. can tomatoes
- 6 oz. tomato paste
- 1 cup water
- 10 oz. can mushrooms
- 1 ¼ tsp salt
- ¼ tsp pepper
- 1 tsp oregano
- ¼ tsp chili powder
- ½ lb lasagna noodles (9)
- 1 tbsp oil
- 2 cups grated mozzarella cheese
- 2 cups cottage cheese
- ½ cup grated parmesan cheese



Instructions:

- In a large frying pan, brown the meat breaking it up as it browns. Add onion, garlic, green pepper saute gently for 2 mins.
- Add tomatoes, tomato paste, water (using it to rinse out tomato paste can), mushrooms, salt, pepper, oregano and chili powder. Simmer uncovered for 45 minutes.
- Boil noodles in 3 quarts boiling water and 1 tbsp oil for 15 mins. Drain when done.
- Have ready a large shallow baking dish 13"x9"x2". Cover bottom with 1/3 noodles, cover them with 1/3 of the meat sauce, and 1/3 each of the cheeses. Repeat these 3 layers.
- Bake at 375 for a half hour.

Share your favourite summer recipes with us!
Send to sheena.phillips@kctadmin.ca



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