

Upcoming Awareness

Campaigns 2025:

September:

Recovery Month

- World Suicide Prevention Day (September 10th)
- Gender Equality Week (September 22nd–28th)
- National Day for Truth and Reconciliation (September 30th)

October:

National Disability

Employment Awareness Month

- Seniors Day (October 1st)
- International Day of Non-Violence (October 2nd)
- World Mental Health Day (October 10th)

November:

Indigenous Disability Awareness Month

- Addictions Awareness Week (November 16th - 22nd)
- International Day of Tolerance (November 16th)
- International Day for the Elimination of Violence Against Women (November 25th)
- National Day of Listening (November 28th)

Riddle me this....

Pronounced as one letter, and written with three, Two letters there are, and two only in me. I'm double, I'm single, I'm black, blue and grey, I'm read from both ends, and the same either way.

What am I?

Refreshing Your Mental Feed

There was a time, not too long ago, where 'screentime' meant watching television or sitting in front of a desktop computer screen waiting for your dial-up internet to connect. Over the years there have been so many changes that it can be hard to keep up.

Text messaging became a convenient method of communication – you could instantly check-in with friends and family, make and confirm plans, and carry on conversations without your teacher catching on. As technological advancements progressed at rapid speed, how we sought out information, entertainment and connection changed drastically. It wasn't long before everyone had their own personal computer tucked away in their pocket. Television, music, internet access, games, photo taking and sharing, and a plethora of 'apps', including social media, became normal, allowing us the ability to untether ourselves from our desktops and clunky television sets; to be on the move with everything we needed. It was great!



It's now commonplace for us to hear that social media use and screentime, in general, are harmful to our mental health and well-being, but we are discovering that when we choose to engage mindfully, with intention, social media and screentime can have several positive impacts as well.

It's important to approach social media with intention and awareness. Before logging in, take a moment to consider why you're reaching for your phone—are you looking for connection, entertainment, or simply passing time? Catch yourself if you find you're mindlessly scrolling, and remember that the content you see is just a curated snapshot of other people's lives, not the full story. Prioritize following accounts that uplift you and actively remove those that spark negativity or trigger unwanted emotions. And to maintain a healthier digital routine, try avoiding social media first thing in the morning and right before bed, giving yourself a chance to start and end your day with more mindful clarity.

Using social media as an opportunity to learn, engage and connect, rather than as a distraction, boredom buster, or a place where you compare yourself to others, can improve our mood, mental health and general well-being. Small changes can make a world of difference.

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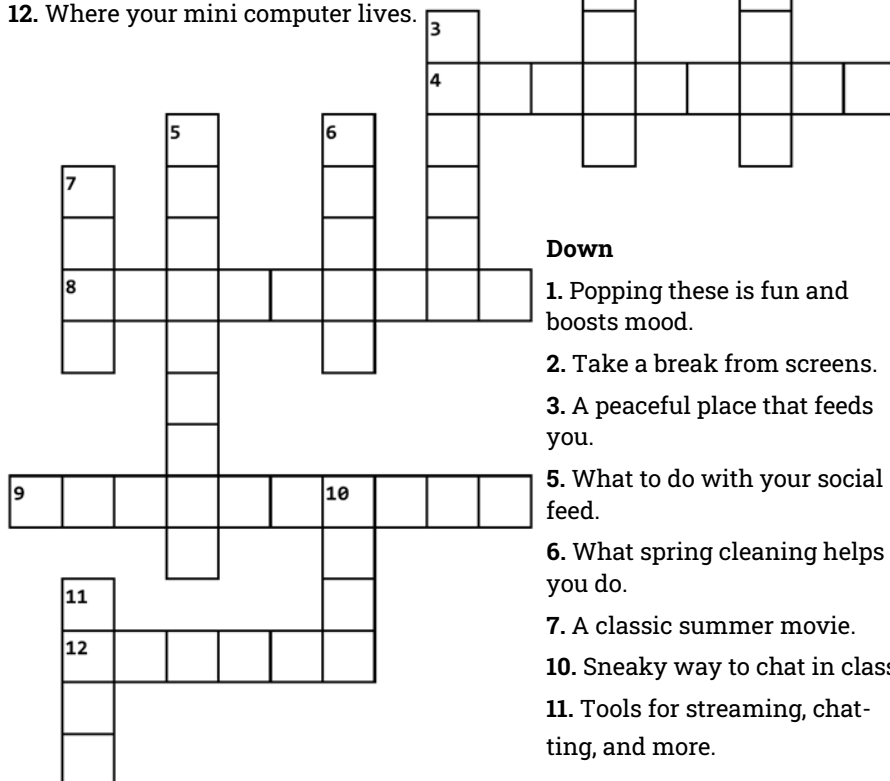


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Blog Crossword

Across

4. A fresh way to explore your area.
8. Improved by mindful tech use.
9. Used to mean TV or dial-up internet.
12. Where your mini computer lives.



Down

1. Popping these is fun and boosts mood.
2. Take a break from screens.
3. A peaceful place that feeds you.
5. What to do with your social feed.
6. What spring cleaning helps you do.
7. A classic summer movie.
10. Sneaky way to chat in class.
11. Tools for streaming, chatting, and more.

Oh, so good! Egg Muffin Bites

- 8 large eggs
- ¼ C mayo (optional)
- ¼ C finely chopped or grated onion
- Add any combination of the following:
- ½ C chopped veggies (bell pepper, broccoli, spinach, mushrooms, etc.)
- ½ C meat (crumbled bacon, sausage, or chopped ham, pepperoni, etc.)
- 1 ¼ C cheese (grated Cheddar, Monterey jack, Feta, etc.)
- salt & pepper to taste
- parsley, paprika, oregano, etc. to taste

1. Whisk eggs and mayo together.
2. Stir in chopped veggies, cheese, meat & spices.
3. Fill each lined or greased muffin cup with egg mixture (approx. ¼ C) - silicone cups work great!
4. Bake in preheated 350-375F oven for 15-20 minutes. (Muffins are done when top is not wet and muffins bounce back when gently pressed.)
5. Cool on rack and refrigerate up to 4 days.

Good to eat cold or reheat in microwave or air fryer.
Serve with salsa and/or guacamole.

The Rhythm of Routines: Why They Matter (and How to Keep Them Fun)

Let's face it – "routine" isn't the most exciting word. It doesn't sparkle like "adventure" or "spontaneity." But here's the twist: routines are actually the backstage crew that make the whole show run smoothly.

Routines help anchor us. Whether it's that morning coffee ritual, a weekly walk with a friend, or winding down with a book before bed, routines give our brains something to count on. They reduce decision fatigue, calm the nervous system, and build in little pockets of self-care that we might otherwise overlook.

Especially during times of stress or transition, routines can help us feel a little more grounded and a lot more capable. They provide structure without requiring perfection – you don't have to do your routine flawlessly every day for it to matter. Even returning to it after falling off track builds resilience.

But here's the secret to keeping routines sustainable: make them yours. Add music. Light a candle. Strap a lawn chair to your paddle board. Set regular and predictable play dates with your children (they will love you for it). Routines don't have to be rigid; they can flex with your life while still offering that sweet sense of rhythm.

So whether you're starting fresh or recommitting to an old favourite, consider routines your quiet allies in well-being – steady, subtle, and totally underrated.

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