

LET'S CHAT!



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Straight Talk - Does Food Affect My Mood?



There are many things that affect our emotions and how well we're able to cope with daily life, such as how much sleep we're getting and our relationships with others. But did you know that food - including *what* we eat and *how* we eat **also** impacts how we feel?

Keep reading for some great tips on how to eat your way to a better mood!

What We Eat

1. Aim to have a source of carbohydrates (carbs) at each meal.



- We need carbs for our bodies to function! Carbs turn into blood sugar which provides your brain with the fuel it needs to think through problems and make good decisions.
- The main sources of carbs include whole grains (like whole grain rice, whole wheat pasta, steel cut or large flakes oats, quinoa, etc.) beans lentils and fruit.

2. Have balanced meals and snacks



- Sometimes we can feel sad or irritable if we're not getting enough vitamins and minerals, especially ones like iron, the B vitamins and selenium.
- To make sure we're getting enough nutrients, try and fill at least half of your plate with colorful fruits and vegetables, one quarter of the plate with a protein food (think meat, fish, eggs, beans, nuts, etc.) and the last quarter with some kind of starchy food (carbs!) like whole grains, potatoes or corn.

How We Eat

1. Eat Breakfast



- Our bodies know how to handle going without food during the night, but when we wake up, our brain wants energy from a balanced breakfast!
- If you're not used to having breakfast, try starting with a morning snack and eventually work your way up to a full meal.

2. Eat with your family



- Food gives us more than just nutrients! Eating together as a family is a wonderful way to build relationships, make good memories and lift our spirits.
- Besides just eating together, try cooking or baking together! Find a new recipe with a family member, figure out how to make it (together) and remember to just have fun - don't worry if it doesn't turn out perfectly!

Recipe - Banana Whole Grain Pancakes



Ingredients:

- 1 cup All-purpose flour
- 1/2 cup Whole wheat flour
- 1/4 cup Wheat germ
- 1 Tbsp Granulated sugar
- 1 tsp Baking power
- 1 tsp Baking soda
- 1 tsp Salt
- 2 Ripe Bananas
- 2 Eggs
- 1 cup Milk
- 1 Tbsp Canola Oil
- 1 tsp Lemon juice
- 1 tsp Vanilla Extract

Preparation

Service Size: Makes 15 pancakes

- In a large bowl whisk together the flours, wheat germ, sugar, baking powder, baking soda and salt; set aside.
- In another bowl, mash bananas with a fork until very mushy. Stir in eggs until combined. Add milk, oil, lemon juice and vanilla and stir together until well combined. Pour over flour mixture and stir until moistened.
- Heat a large non-stick skillet or griddle over medium heat.
- Pour about 1/4 cup of batter onto the pan and cook for about 3 minutes or until small bubbles start to appear on top and the edges of the pancakes look dry.
- Flip and cook another 1 to 2 minutes or until golden on the other side.
- Repeat in batches with remaining batter.

Adapted from "Banana Whole Grain Griddle Cakes" on www.unlockfood.ca

TIPS!

1. Make these pancakes with a family member!
2. Make a double batch! Once the pancakes are cool, wrap them in parchment paper and place them in an airtight container. They can be frozen for 2 weeks and are easy to pop out of the freezer reheated in the microwave or toaster for a quick breakfast!
3. For a balanced breakfast, spread a few tbsp of your favorite nut or seed butter on top and serve with a generous portion of fresh or frozen fruit!



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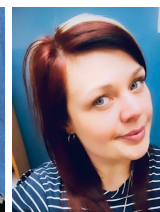
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Brain Business - Summer Break During COVID-19



Summer Break is coming up fast! Yay, right? Yes! However, it's important to remember that with Summer Break comes two months of free time. That may be really challenging for some of us, especially with COVID-19 restrictions limiting what we are able to do, and who we are able to see. As a result, we may feel lonely, bored, frustrated, anxious and sad. All of those would be perfectly acceptable emotions to feel!

So what can we do to help prevent ourselves from feeling low during Summer Break? The good news is that there are many strategies to cope, they just require some planning ahead. Before we head into the break, consider the following things:

1. Make a note in your phone, or write down a list of your favorite summer activities that you are still able to do safely during COVID. It could be swimming in a lake, hiking, biking, having a picnic in the park - there are many possibilities! Try to come up with at least 5.
2. Make a summer bucket list with anything else you might want to do this summer. Maybe watch that movie you have been waiting to see? Or bake a cake with a friend? Convince your mom to do a TikTok dance with you? Write all of your ideas down! Add more as they come to mind!
3. Once you have a big long list of ideas to keep yourself busy, make a digital calendar, use a day timer, or print one out for July and August.
4. Once you have your calendar ready, try your best to schedule in when you will do those activities. This is a VERY important step. It can be easy to say you'll do all kinds of fun things, BUT you will be MORE LIKELY TO ACTUALLY DO THEM if they are scheduled. Consider other demands like working, babysitting or any other responsibilities you may have and schedule your fun around those things.
5. Post your calendar somewhere where you will see it often. Celebrate your accomplishment of scheduling something and following through. Reflect on the feelings that were part of that activity.



P.S. We all, teens, children and grown-up alike, manage better with some structure and routine. Having things planned that we are looking forward to is a helpful part of coping.

- Contributed by: Katy Scammell & Shauna Doerksen School Social Workers

Drive Safe!

Road crashes continue to be a leading cause of death among teenagers. The statistics for motor vehicle crashes and impairment-related crashes among young drivers are alarming.

- Young people have the highest rates of traffic death and injury per capita among all age groups and the highest death rate per kilometer driven among all drivers under 75 years of age. More 19 year olds die or are seriously injured than any other age group.
- Motor vehicle crashes are the leading cause of death among 16 - 25 year olds, and alcohol and/or drugs are a factor in 55% of those crashes.
- 16 - 25 year old constituted 13.6% of the population in 2010, but made up almost 33.4% of the impairment-related traffic deaths.

In 2014, road crashes claimed an estimated 2,297 lives. Based on testing of fatally injured drivers, MADD Canada estimates 1,273 (55.4%) of these deaths resulted from crashes in which an individual was positive for alcohol and/or drugs.

- 299 deaths, or 13%, occurred in crashes involving individuals who were positive for alcohol alone.
- 618 deaths, or 26.9%, occurred in crashes involving individuals who were positive for drugs alone.
- 356 deaths, or 15.5%, occurred in crashes involving individuals who were positive for both alcohol and drugs.

Source: MADD Canada website



Connect!

Please Note: During Summer Break AFM School Counselors & Social Workers will not be working or checking their emails.

If you feel the need to connect or talk to someone about your own substance use, how someone else's substance use is affecting you, or about your mental health, here are a list of Community Resources within Hanover and surrounding communities.

AFM - Compass (13-17) * Residential Addiction Treatment 1.204.428.6600 www.afm.mb.ca/programs-and-services/for-youth/compass-residential-youth-program

Al Anon Steinbach *Support for Friends & Family of Alcoholics 204.326.1172 www.mb.al-anon.alateen.org

Anxiety Disorders Association of Manitoba * Support For Those Struggling 204.345.8511 www.adam.mb.ca

Backstage (12-19) *Youth Drop in Centre & Mentoring 204.326.4366 www.yfcsteinbach.com or email: info@yfcsteinbach.com

Cloud 9 Ranch Equine Therapy *Equine Therapy 204.392.6308 www.cloud9ranch.ca

Futures Forward (15-29) *Financial, Mental health, Employment & Ed Support 1.888.395.2135 www.futuresforward.ca

Kids Help Phone *Phone Counselling 1.800.668.6868 www.kidshelpphone.ca & kids help text "connect" text counselling 686868 www.kidshelpphone.ca/teens

Klinic *24 Hour Crisis Line 1.888.322.3019 www.klinic.mb.ca

Manitoba Addictions Helpline *Addiction Counsellors & Resource 1.855.662.6605 www.mbadddictionhelp.ca

Manitoba Adolescent Treatment Centre (13-18) *Mental Health Services for Children and Youth 1.204.958.9660 www.matc.ca

Manitoba Youth Job Centre (12-29) *Summer Job Assistance 204.371.1450 www.gov.mb.ca/cyo/youth/services/manitobayouthjobcentres.html

MacDonald Youth Services Emergency Crisis Stabilization *Youth Crisis Services 1-888-383-2776 www.mys.ca/services/youth-crisis-services

Mobile Crisis Unit (15+) *Crisis Assistance & Coping 204.326.9276 www.gov.mb.ca/healthyliving/mh/crises

Mood Disorders Association *Support For Those Struggling 204.444.5228 www.mooddisordersmanitoba.ca

Quick Care Clinic *Medical Clinic Appointments 204.326.7569 www.southernhealth.ca/finding-care/find-a-service/clinics/quickcare-clinic

Segue Career Options (15-29) *Employment Support 204.320.6034 www.edenhealthcare.ca/services/segue

Sexual Assault Crises Line Sexual Assault Support 1.888.292.7565 www.klinic.mb.ca/counsel-sexual

Steinbach Family Medical *Medical Clinic Appointments 204.326.3401 www.steinbachfamilymedical.com

Suicide Line Suicide Support 1.877.435.7170 www.reasontolive.ca

Teen Talk *Youth Health Education Program 1.204.784.4010 www.teentalk.ca

