



# MIND MATTER

JANUARY 2022 | ISSUE NO. 1

THE OFFICIAL NEWSLETTER OF CHANGING MINDS WITH YOUTH

### UPCOMING EVENTS

#### Stop Drop & Talk

Every Saturday 11:00 AM - 1:00 PM

#### Youth Living Well

Stay Tuned

#### Workshops & Webinars

Stay Tuned

#### What's On Your Mind Podcast

Stay Tuned

## A SPECIAL NOTE

*As we enter 2023*

We know we're not alone when we say that we feel like we've been reliving 2020 for the past two years. The pandemic has created the illusion of an endless loop- do you remember the movie Groundhog Day? It definitely felt like we were one of the characters or that we were in the midst of a global social experiment.

All in all to say that it's perfectly normal for us to feel cautious about entering the new year with so much uncertainty - times are changing fast and we are required to keep up with the pace while trying to care for ourselves.

So while you're reading this newsletter we invite to take a deep breath - inhale, exhale as many times as you need this and say I will do the best I can.

This year we are inviting you to take things slow, countering the fastness of everything else around us. Try walking slower, eating slower, intentionally moving your whole body slower and not trying to catch up or keep up with it all. In that slowness, may you discover joy, peace and a self-love that will transcend circumstances.

All of us at Hope & Me MDAO and Changing Minds with Youth wish you a happy, healthy and hopeful 2023!

Ontario Trillium Foundation



Fondation Trillium de l'Ontario

An agency of the Government of Ontario. Relève du gouvernement de l'Ontario.

Celebrating 37 Years of Empowering Recovery!

Hope + Me

Support. Recovery. Community.

Mental Disorders Association of Ontario

Written by Winnie Diverlus

*Caring for ourselves in the midst of those*  
**THOSE WINTER BLUES**

We all get down from time to time, especially during the winter. Whether you call it the winter blues or use the clinical term "Seasonal Affective Disorder (SAD)," the result is still the same - we feel more anxious, lack energy, and are generally more "blah" than normal. Here are five ways to care for ourselves when experiencing the seasonal slump.

1. Increase our exposure to sunlight as much as possible
2. Include exercise, hobbies that encourages us to stay active
3. Talk about our feelings
4. Indulge in a healthy diet
5. See your healthcare professional

May this winter be kind to you.



*Virginia Currah, winner of the tenth annual Karen Liberman Lit From Within Award.*

## JANUARY SPOTLIGHT

Congratulations to Virginia Currah, Winner of the Tenth Annual Karen Liberman Lit From Within Award!

We congratulate Virginia on winning this year's Lit From Within award for excellence in volunteer service! This award recognizes volunteers who demonstrate outstanding leadership, creativity, and innovation in contributing to Hope + Me - MDAO's programs and activities.

Hope + Me presents the Lit From Within award most respectfully to Virginia who demonstrates compassion, empathy, advocacy, and creativity when supporting participants within her group facilitation and for her consistently excellent service and support on the TIPS Warm Line.

We are most fortunate to have her support as a volunteer since 2017.

As a token of our appreciation, she has received a gift of \$500!

## FOLLOW US



@hopeandmemdao  
@changingmindswithyouth



## CONTACT US



1-888-486-8236  
info@hopeandme.ca