

Newsletter – April 2022

As members of the North York Toronto Health Partners (NYTHP) OHT, we invite you to participate in the staff wellness program organized for you!

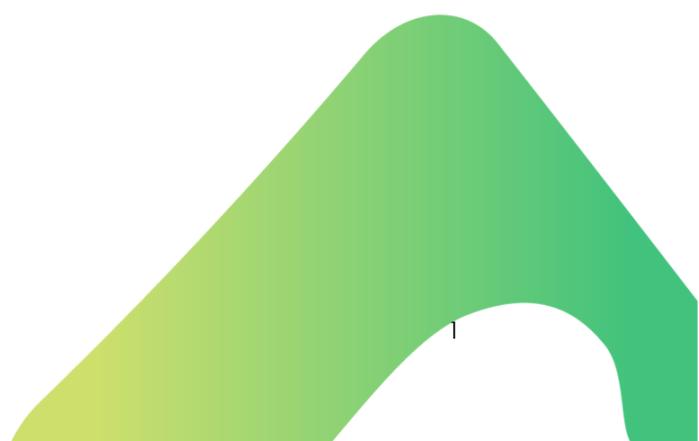
“Your Wellness Matters” is a NYTHP staff resilience initiative that provides wellness information and resources across the NYTHP network. This collaborative approach will help NYTHP share tools and resources related to mindfulness, physical activity, nutrition, and psychological support. This newsletter will be sent out monthly and will include upcoming wellness events, challenges, and activities.

Spring Staff Step Challenge

The deadline to register for the Spring Staff Step Challenge has been extended! The **last day to register is Thursday, April 14th** – please [REGISTER HERE](#) to participate. This challenge is a great way to incorporate more movement into the workday and an opportunity to win prizes for your efforts. The Step Challenge will run from **Tuesday, April 19th to Tuesday, May 17th**. All registrants will receive an email with details and instructions for the Step Challenge after Tuesday, April 5th.

Body + Soul Fitness Sleep Webinar

Join us for a free virtual discussion on **the importance of sleep – a workshop provided by Body + Soul Fitness**. Learn to identify areas of improvement and strategies to enhance the quality of your sleep. We look forward to having you join us **Wednesday, April 27th, from 12pm to 1pm**. Please [REGISTER HERE](#) for this workshop.



Collective Care to Foster Worker Resilience Webinar

Join us for a free virtual discussion on **building workplace resilience – a workshop by Chris Leonard**. Chris Leonard is a private consultant and a member of the Good Grief Care Consulting team who brings extensive experience supporting workers and communities impacted by loss and trauma. Her process facilitation and training are grounded in holistic, anti-oppressive, and resilience frameworks that build capacity in areas of trauma, grief, impact debriefing, and restorative practices. We look forward to having you join us **Friday, April 29th from 1:30pm to 2:30 pm**. Please [REGISTER HERE](#) for this workshop.

Wellness conversation starters:

- ♥ *What are some ways you treat yourself?*
- ♥ *Describe two things that made you smile this week.*

Simple & Healthy Recipe: Taco Salad with Beef



Photo from Wholesome Yum

Love tacos? Try this Taco Salad recipe from *Wholesome Yum*! [CLICK HERE](#) for details.

Disclaimer: recipes can be modified according to your dietary needs and preferences

Ingredients

- ♥ 1 lb ground beef
- ♥ 1 tsp avocado oil
- ♥ 2 tbsp taco seasoning
- ♥ 8 oz Romaine lettuce (chopped)
- ♥ 1 1/3 grape tomatoes (halved)
- ♥ 3/4 cup cheddar cheese (shredded)
- ♥ 1 medium avocado (cubed)
- ♥ 1/2 cup green onions (chopped)

- ♥ 1/3 cup salsa
- ♥ 1/3 cup sour cream

Instructions

- ♥ 1. Heat oil in a skillet over high heat. Add ground beef and stir fry, breaking up the pieces with a spatula. Cook for 7 to 10 minutes until the beef is browned and moisture has evaporated
- ♥ 2. Stir taco seasoning into the ground beef until well combined. You can also add ¼ cup of water when adding the seasoning and let it simmer a bit.
- ♥ 3. Meanwhile, combine all remaining ingredients in a large bowl.
- ♥ 4. Add ground beef to the large bowl and toss everything together.

Movement in the Workplace: Office Stretches Series

- Contribution from Shath Suthanthirarajah, Yee Hong Centre for Geriatric Care

Try these three offices stretches to promote movement throughout the workday!

Standing overhead reach



Chair chest stretch



Butterfly elbows



Wellness Blog: “Make Today Matter”

“Change your thoughts and change your world” (Norman Vincent Peale)

Today does not need to be great....it just needs to matter. Today sets you up for tomorrow.

Both science and faith finally agree on one thing: We are a bio-psycho-social-spiritual package and to be well, means all components need to be nurtured. So, let's look at what that means.

NURTURE: To cultivate, promote, foster, parent, mother, tend, feed or nourish.

CULTIVATE: To prepare for growing, or to devote time and thought to ensure positive growth.

When a farmer cultivates the land, he plows to remove anything that might interfere with a good crop.

He prepares the soil.

To cultivate our mind, we need to prepare the soil as well. We may need to clear away things that take up space but do not contribute to good health., such as listening to gossip, following rumours or too much technology. Some may need to move away from negative people or situations. It could mean choosing carefully what we read or what music we listen to, keeping in mind that these harmful influences will need to be replaced by “good seeds” such as truth, constructive relationships, uplifting music, healthy conversations. The replacing the bad with the good is an especially important step because, when we plant nothing.... things still grow!

Two years ago, my husband waited all winter in anticipation of getting the weed spray out in the spring to kill the weeds and have the best lawn in the land. So, when the ground was dry enough to drive on, he sprayed the whole 3 acres of lawn with weed killer.... or so he thought. Apparently, it was the wrong mix and 3 days later we literally had no lawn. Everything was dead and gone. We were the “lawn lepers” of our community and actually got phone calls from neighbours wondering if they were going to “catch it”!

To make my point, the soil was not prepared, (ready) to receive new grass seed at this time, so, we planted nothing. But to our surprise, within a few weeks the lawn was green once again. It was not green grass though....it was weeds...100 times more than before. It went from being the Gobi Desert to a tangled jungle of weeds and critters! My point is that when we plant nothing, seeds still grow. This made me mindful of cultivating my mind.... **empty the bad but also fill with good.**

[\(CLICK HERE\)](#) to read the full blog)

- Audry Barton,
Addiction Services Central Ontario

Contribute to the Newsletter!

Want to contribute to the monthly wellness newsletter? Email csassa@betterlivinghealth.org for inquiries.

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