

Events

Next Meeting:
Monday, March 18th, 2019
at 7:30pm
Canlan Ice Sports
Burnaby 8 Rinks

The Executive and Contact

President Rhonda Ott: r.ott1622@gmail.com

Vice President Meghan Doll: m.doll1622@gmail.com

Recording Secretary Mallory Hoyland: malloryhoyland@gmail.com

Executive at Large Michelle Hamilton: m.dawn1622@gmail.com

Secretary Treasurer Maricruz Alducin Ramirez

Important Notice:

**April General Membership Meeting will be held in
LANGLEY**

**April 15th, 2019
8889 Walnut Grove Drive
Langley, BC V1M 2N7
Multi-purpose room #2
7:30pm**

Members that need to be sworn in should attend

Our membership moved to donate \$300 to the Laggan Relief Fund in support of families of the employees that have passed away on the Field hill.



Thousands rally for International Women's Day march in Toronto on March 8th. The Annual International Women's Day march is a reminder that women are still fighting for equality. Full article:

<https://www.cbc.ca/news/canada/toronto/international-womens-day-march-2019-1.5050202>



Why We Put Ourselves Last

1. We think self-care means being selfish.
2. We often sacrifice self-care because we're too busy trying to save everyone else.
3. We are accustomed to relationships based on neediness, not real love. We often fall in love with the idea of being in love, if we take care of ourselves, we are more independent, less needy of getting attention or affection, and more capable of truly connecting with another human being
4. We don't realize we teach people how to treat us.
5. We expect others to take care of us.
6. We don't realize our worth.

Self-Care Should Be a Priority

Tips for a healthier work-home life balance

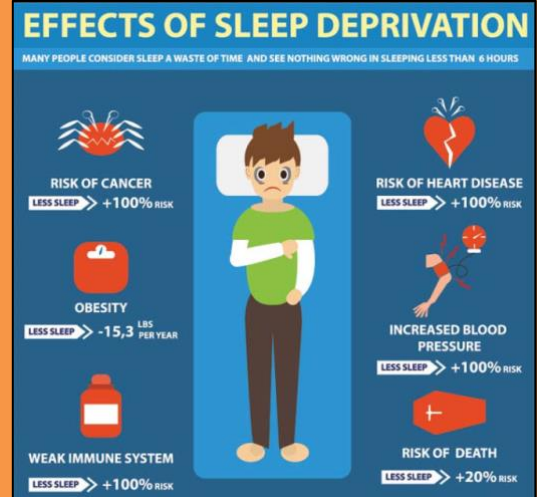
Exercise Tips

- Stretch first.
- Ride a bike.
- Play a sport.
- Use safety equipment.
- Head to the gym.

- Take advantage of fitness courses.
- Walk to work.
- Incorporate different kinds of exercise in your routine.
- Make it fun.
- Bring a friend.

Sleeping Tips

- Take a nap.
- Don't work in bed.
- Get a full night's rest whenever possible.
- Stick to a schedule.
- Understand that lack of sleep can have a big impact.
- Avoid all nighters.
- Create a bedtime routine.
- Avoid caffeine, eating and drinking right before bed.
- Keep your room dark and quiet.



Tips for Stress

- Create a daily routine.
- Put limits on work hours.
- Give yourself a break.
- Be realistic.
- Understand you can't do everything.
- Get help.
- Participate in yoga and meditation.
- Cut back if needed.
- Relax with hobbies.
- Give yourself plenty of time.
- Spend time with friends.
- Don't let yourself get run down.
- Learn time management skills.

Mental Health

- Don't be afraid to ask for help.
- Keep in touch with family and friends.
- Build new friendships.
- Expect things to change.
- Understand that it may take time to fit in.
- Don't let stress get the best of you.
- Realize you don't have to please everyone.
- Know the signs of depression.
- Build on your confidence.
- Associate with others who share similar interests and values to yours
- Volunteer.
- Set goals.

