

October 2024 Edition



COMPLIMENTS OF Ask4CARE SUPPORT SERVICES INC.

Ask4Care's EMPLOYEE OF THE MONTH for October 2024 is Xia (Karen) Q.

HERE'S WHAT KAREN HAS TO SAY ABOUT HER JOURNEY SO FAR AT ASK4CARE:

1. What do you think is the greatest achievement that you have achieved while working with Ask4Care?

My greatest achievement while working with Ask4Care is being recognized as the Employee of the Month. From trying to adjust to my new position in April by overcoming challenges and embracing changes, to eventually being able to work confidently. I have come a long way. And to be named Employee of the month is an approval of my efforts and abilities.

2. Could you name a couple of things you like working with Ask4Care?

I started working at Ask4Care in April, and I was able to make a smooth transition to my new job because Ask4Care always provides timely assistance to their staff, the team is reliable and supportive. It is a well-organized company that provides qualified, compassionate services to those with specialized needs.

3. What are your goals for the next few months/years?

Having been a nurse for decades, my experience allowed me to achieve steady growth and learn new skills along the way. As an active member of Ask4Care, my goal is to keep using these experiences to provide professional, competent, and empathetic care to my residents, doing my bit for the development of Ask4Care.



Employee of the Month

We are proud to have you at Ask4Care. Thank you Karen for being an excellent role model.

4. Can you state one situation/incident where you had a hard time dealing with the residents/person supported? How did you handle this kind of situation/incident?

The most challenging situation I have encountered is when a medical emergency arises, having to make the right nursing judgement. The most important part is to keep calm and have a clear mind to prioritize the tasks. Decide whether it is an emergency that needs urgent hospitalization based on assessment. Review medical history and level of intervention. Delegate tasks to the team. Inform family, document, and finally reflect on the process to prepare for similar situations.

5. How did you get started in the healthcare industry?

My aunt was working in the healthcare industry. She was compassionate, knowledgeable, and many of my relatives went to her for medical advice, and she has inspired me to pursue a career in nursing. After I graduated from high school, I chose to study nursing in college and have been a nurse for more than 2 decades, I love helping people and I'm getting paid for it! I wouldn't trade it for the world.

6. Do you have any inspirational quotes you would like to see in our newsletter?

"The only way to do great work is to love what you do."; "Nurses dispense comfort, compassion, and care without even a prescription."

7. Any additional comments you would like to add?

I feel honoured to receive this recognition from Ask4Care. I will continue to do my part in helping others.

World Mental Health Day 2024

Mental Health At Work



Every year, World Mental Health Day is observed on 10th October. The overall objective of this day is to raise awareness of mental health issues around the world and mobilize efforts in support of mental health, along with advocating against social stigma.

First celebrated in 1992 at the initiative of the World Federation for Mental Health, it is now recognized in more than 150 countries. It was established to raise awareness of mental health issues, promote mental health advocacy, and encourage efforts to support mental well-being worldwide.

The theme this year is **"It's time to prioritize Mental Health in the Workplace"**.

With 60% of the global population in work, it is important for employers and coworkers to encourage open discussion on mental health in order to prevent risks to mental health.

Workers face various issues at their workplace such as discrimination, poor working conditions, limited autonomy, insecure jobs, etc. that have a direct impact on their mental health and result in an increase in absenteeism, a reduction in productivity, and an increase in healthcare costs.

Low pay or insecure jobs often lack adequate protections or healthcare benefits, leaving workers in these jobs more exposed to psychosocial risks.

In order to create a more inclusive work environment, it is important to reduce workplace discrimination through awareness, training, along with engaging with people living with a mental health condition.

Government, along with employers, and representative organizations must work together to create policies that prevent risks to the mental health of workers, promote well-being, as well as build supportive workplaces where mental health is prioritized. For instance, employers may organize regular supportive meetings, schedule frequent breaks, gradually reintroduce workers to tasks, organising workplace wellness programs, etc.

While governments and employers have the primary responsibility to protect and promote mental health at work, one must make sure to care of their own mental health as well.

It is also important to know when to reach out for support from a trusted friend, family member, colleague, supervisor, or health professional.

www.paho.org/en/campaigns/world-mental-health-day-2024#:~:text=World%20Mental%20Health%20Day%20is,Mental%20Health%20in%20the%20Workplace

2024#:~:text=World%20Mental%20Health%20Day%20is,Mental%20Health%20in%20the%20Workplace".

HOW TO TAKE CARE OF YOUR MENTAL HEALTH:

1. Prioritizing rest and self care is incredibly important in order to take care of your mental health. Taking a regular day off to rejuvenate and recharge or practicing yoga, exercising or just spending time in nature can help relax and refocus.
2. Taking short breaks throughout the day away from a task such as taking a walk, listening to calming music, or meditating, can help regain clarity and refresh the mind.
3. Taking a few days off for a vacation helps increase productivity, relieve stress and anxiety, and help reconnect with family and friends.
4. Setting boundaries at workplace and sticking to them such as saying no to additional tasks you don't have time for or you aren't a good fit for, and only communicating during work hours.
5. Having a hobby helps take mind off work and stress. Spending time on a creative project, learning a new craft, or reading a new book, helps improve overall well-being, and motivates when taking on workplace challenges.
6. Eating a balanced diet and exercising regularly helps clear the mind and help bump up the production of your brain's feel-good neurotransmitters, called endorphins.
7. Asking for help when struggling with poor mental health is recommended as seeking help through therapy or just talking to someone can lead to finding solutions to problems at work place and personal life.



This World Mental Health Day, let's decide to focus on ourselves and our well-being. One such way to achieve this is by **Meditation**.

What is Meditation?

Meditation is a practice that involves training the mind to achieve a state of calm and focused attention using a combination of mental and physical techniques. It is a method to cultivate mindfulness and awareness as well as increase concentration and redirect thoughts, often towards the breath.

Meditation helps you become aware of your physical and emotional pain. It helps allow you to address emotions with greater clarity. Along with that, practicing meditation regularly can significantly reduce stress levels, release anxiety, and help be more relaxed in daily life, making it easier to fall asleep and improve the quality of sleep. Meditation improves your relationships and communication with others as it enhances mindfulness and empathy.

Lastly, meditation helps build mental resilience, allowing you to better cope with challenges and setbacks in life and take better care of your mental health.



How to Meditate

Follow these steps, make sure you're somewhere where you can relax, set your timer and give it a shot:

- 1) Find a place to sit in an environment that feels calm and quiet to you. You must sit in a position in which you can stay for a while.
- 2) If you're new to meditation, you can choose a short time, such as 5 or 10 minutes.
- 3) Now try to feel your breath and follow your breath while you inhale and exhale.
- 4) Notice when your mind has wandered as lack of attention will result in losing your focus and simply return your attention to the breath.
- 5) Be kind to yourself and your wandering mind and don't obsess over the thoughts' content you find yourself lost in.
- 6) Whenever you're ready, gently and slowly open your eyes. Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.
- 7) Relax and let it all sink in. Think of positive thoughts. Each time you meditate, it will get better and better and in no time you'll master the art of meditation.

Good luck!

www.mindful.org/how-to-meditate/

