



JUNE 2024 EDITION

Compliments of Ask4Care Support Services Inc.



Ask4Care's EMPLOYEE OF THE MONTH for June 2024 is **FATAI A. !**

Fatai A. has been working with Ask4Care Support Services Inc. since June 2023.

Here's what Fatai has to say about his journey so far at Ask4Care:

- What do you consider your greatest achievement at Ask4Care?

My greatest achievement at Ask4Care has been the invaluable experience I have gained throughout my time here. It has not only enhanced my skills but also deepened my understanding of compassionate care, allowing me to serve our clients with greater empathy and effectiveness.

- What do you enjoy the most about working with Ask4Care?

The sense of teamwork and unwavering support is what I truly appreciate about working here.

It creates an environment where collaboration thrives, and we can collectively provide the best care for those who need it most.

- What are your goals for the coming months or years?

My primary goal is to continue honing my skills and growing in empathy, so I can better understand and meet the unique needs of each client. I am committed to becoming a more compassionate caregiver who offers personalized support in every interaction.

- Can you share a challenging situation with a resident and how you managed it?

I once worked with a resident who was struggling with aggression. Instead of reacting, I approached the situation with a calm demeanor, listening to him carefully to identify his unmet needs. By addressing his concerns and providing reassurance, I was able to de-escalate the situation and restore a sense of calm.

- How did you begin your journey in healthcare?

After relocating to Canada, I saw the growing demand for healthcare and support workers, especially for the vulnerable and elderly. With my passion for service, I chose to pursue this fulfilling career path by enrolling at CJ College. Since then, working in healthcare has been a deeply rewarding experience.

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

"Be the change you want to see in the world." – Mahatma Gandhi.

- Any additional comments?

Ask4Care is doing remarkable work, and I'm proud to be part of a team that truly makes a difference.



EMPLOYEE OF THE MONTH

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



ACTION ANXIETY DAY

Action Anxiety Day (AAD) is a national awareness and education day to help people learn about anxiety, reduce stigma, create awareness of our evidence-based resources, and raise funds to support free programs.

Every year on June 10th, AAD helps raise awareness, dispel common anxiety myths, and underscore the importance of prioritizing mental health in our society.

One of the hashtags for AAD is #ACTonAnxiety.

What does it mean to ACT?

Awareness – Raise awareness of anxiety.

Colours – Wear blue and orange on June 10 to show support!

Talking – Tell your anxiety stories and encourage others to share. Let's break the stigma together!

Over the course of their lifetime, more than 30% of people may be diagnosed with an anxiety disorder.

ANXIETY BUSTING HACKS

1. Bubble Wrap Bonanza: Feeling like you're about to burst with stress? Grab some bubble wrap and pop your worries away! It's like therapy, but with an added dose of fun.

2. Groove Therapy: Crank up the tunes and boogie down! Transform your living room into a dance floor and shake off stress with some funky moves. Who knew stress relief could be this groovy?

3. Pawsitive Vibes Only: Hang out with some furry friends and let their wagging tails and wet noses work their magic. It's paw-sitively impossible to stay stressed when you're surrounded by so much love!

4. Colorful Calmness: Dive into a world of colors and creativity with adult coloring books. Channel your inner artist and let your worries melt away, one vibrant hue at a time.

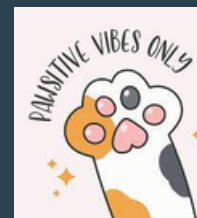
5. Jar of Joy: Start your very own gratitude jar and watch it fill up with moments of happiness and gratitude. It's like capturing sunshine in a jar, ready to brighten even the darkest days.

6. Nature Nurturing: Take a walk on the wild side and let Mother Nature work her magic. Breathe in the fresh air, listen to the birds chirping, and feel your worries melt away like morning dew.

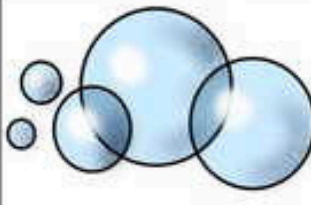
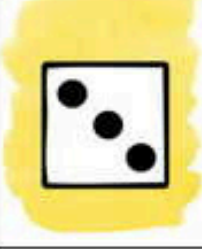
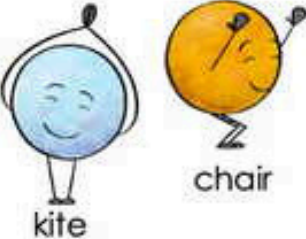
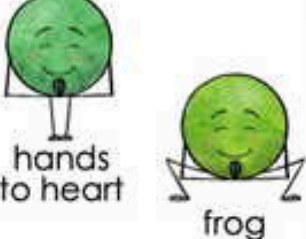
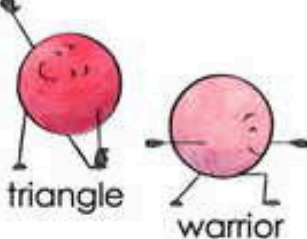
7. Laugh-a-Palooza: Who says laughter is the best medicine? Join a laughter yoga class or simply start giggling for no reason at all! It's a workout for your funny bone and your mood.

These hacks aren't just about managing anxiety—they're about embracing joy, creativity, and a whole lot of fun along the way!

<https://novascotia.cmha.ca/on-june-10-is-action-anxiety-day/>



BEAT ANXIETY ONE DICE ROLL AT A TIME!"

	BREATHING	 hand over heart	 butterfly	 bubble
	GROUNDING	Tell us 3 things you hear and 2 things you smell.	Tell us 3 things in the room that are green, 2 things that are blue, and one thing that is red.	Wrap your arms around yourself in a hug and say the day, date, and where you are.
	STRETCHING	 kite chair	 hands to heart frog	 triangle warrior
	MOVING	 wall pushups	 jumping jacks	 dance
	SUPPORT	Tell us one person who supports you at school.	Tell us one person who supports you at home.	Tell us a friend who supports you.
	AFFIRMATION	 I am safe.	 I am brave.	 I can handle this moment.

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Newsletter created and curated by: Upasana K.
TEAM LEAD – HEALTHCARE OPERATIONS TORONTO
ASK4CARE SUPPORT SERVICES INC. Canada's, "Most Trusted" Healthcare Service Provider

TORONTO: 365A Wilson Ave, Suite 205, Toronto, M3H 1T3
BRAMPTON: 7900 Hurontario St, Suite #202, Brampton ON L6Y 0P6
BARRIE: 100 Essa Rd, Suite R4, Barrie, ON L4N 3K7
P: 647 557 3321 F: 416 907 1508 E: toronto@ask4care.com www.ask4care.com