

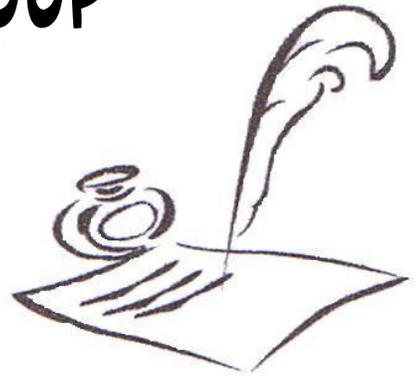
THE SENSITIVE SCOOP

Consumer Newsletter

For any Woman living with Mental Illness

Editor: Jo-Ann Paley

Editorial Assistant: Monika Anema



Issue 51, May & June 2008

The Sensitive Scoop is now available on the MSS website at www.mss.mb.ca



This is a self-improvement issue. With spring come thoughts of renewal – physically and mentally. Hope these ideas are helpful to you.

EXPLORING THE JOURNEY OF RECOVERY WORKSHOPS BY CMHA WINNIPEG REGION

RECOVERY:

- Is a process that is possible for everyone.
- Means that someone is not defined by their mental illness; it is only a part of them.
- As people discover who they are and what their strengths are, their experience of illness becomes less prominent
- Is about regaining meaningful roles in life.

EXPLORING THE JOURNEY OF RECOVERY WORKSHOPS

- **The Canadian Mental Health Association, CMHA offers a variety of workshops based on recovery concepts**
- **Participation starts with a 3 hour introductory workshop that focuses on recovery and change**
- **An individual planning session with the workshop facilitator follows. During this session the person will have the opportunity to develop a personal recovery plan.**
- **The plan may include participation in a series of other health, wellness and recovery workshops being offered or other recovery related activities**
- **After the plan has been completed a follow up meeting takes place with the facilitator to plan next steps**

MENU OF WORKSHOPS BEING PRESENTED

- **Health and Wellness Series (6 sessions)**
- **Wellness Recovery Action Planning**
- **Identifying Your Core Gifts**
- **Defining a Personal Vision of Recovery**

Workshops are offered two times per year, in the Fall and Spring

Spring '08 Session is full

Fall 08 – For more information or to register call 204 – 982-6100

Fax: 204 – 982-6128

Email: office@cmhawpg.mb.ca

We are located at the Canadian Mental Health Association Winnipeg Education Centre

1-333Vaughan Street

(Late July – You will receive a mail-out of available dates for the Fall Orientation)

CANADIAN MENTAL HEALTH ASSOCIATION

WINNIPEG REGION

www.winnipeg.cmha.ca

Heat vs. Ice: When do I use them?

Rob Pryce: Health Matters, The Prime Times

Heat and ice are two of my favorite ‘tools’ to help reduce pain and optimize healing.

However, I find that most of us need a little refresher on how to use these valuable modalities properly.

For injuries that are less than 48 to 72 hours old, ice should be your modality of choice.

By cooling the area during this time, we cause blood vessels to constrict. This limits the amount of swelling and reduces pain. Ice can be applied directly to the skin or with a moist towel in-between for additional comfort.

For even quicker cooling, you can try ice massage: freeze a Styrofoam cup full of water, peel back the edge and rub on your skin. Whenever applying ice, watch for signs of frost nip: pale or waxy skin. Ice can be applied numerous times throughout the day, but not for longer than 10 to 15 minutes at a time. Add a tensor bandage to further reduce swelling during this time.

When an injury is more than 72 hours old, it is usually time to apply heat. The increase in blood flow caused by heat will help remove swelling and deliver more of the cells used by our body to repair damaged tissue.

Heat can be applied longer than ice (20 minutes is fine). If your skin is flushed and red from the increased blood flow, you’ll know you’ve applied heat properly. It’s best to apply actual heat, rather than heating creams; the heat from these products does not penetrate to deeper tissues.

Finally, if you’ve had back pain for two to seven days, research shows that heat is an effective way to reduce back pain, however remember to apply ice during the first two days. If your back pain continues for much longer than seven days, it’s time to get some help.

Next time you’re sore or injured, follow these simple guidelines and get the most out of your heat and ice application.

***Rob Pryce is an Athletic Therapist at McDole Performance Systems; www.returntoplayrehab.ca
Information taken from The Prime Times, Winnipeg, Manitoba, Thursday February 21, 2008; page 8.***

LOST & FOUND

When I'm rid of anxiety...
When I heal myself of shame...
 When my husband is much nicer...
 When my boss gives me a raise...
 When I fix my thought distortions...
 When I lose that extra weight...
 When I get a better doctor...
 When the medication's right...
 I thought happiness was there.

But when the pain of my existence
Was too much for me to stand,
 I turned to God
 And found relief
 And then...

Happiness was prayer.

by **Beth S.**

With heartfelt thanks to Karen for all her endless efforts and thoughtfulness to make this year's MSS Ladies Retreat successful once again. The flowers were a definite fit for the season. I personally feel we all benefited from the affirmations we shared on our petals. We need to nourish our inner most selves every day.

Our day came to a very tough exhilarating discussion on empowerment. We came up with the definition: Become a good listener and be allies and supportive, rather than set up obstacles in life. "Empowerment is an Attitude," was a good thing to take home at the end of a very interactive Ladies Retreat.

I would also like to add a special thanks to Jo-Ann who has given me the opportunity to tap into the well of my physical, mental and spiritual resources by inviting me to be her editorial assistant.

By Monika Anema



Women's Program Schedule

May & June 2008

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outing. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.

May

- May 1** **Writer's Group** – This gives you a chance to share your poetry or stories with other group members and get positive feedback. We do some short writing exercises to get your creativity flowing.
- May 8** **Movie** – Comedy & Romance
- May 15** **Sharing and Planning** - for the summer – You have the opportunity to share ideas and make suggestions for future programming.
- May 22** **Speaker: Melissa Paley, “Working through the Mental Health Maze”**
Discussion to follow, and feedback encouraged.
Please note, this workshop may bring to mind some personal experiences and emotions
- May 29** **Bowling** – a non-competitive fun filled physical activity. You can try to beat your own previous score.

June

- June 5** **Writer's Group**
- June 12** **Arts and Crafts** – You can make something nice to take home.
- June 19** **Speaker: Rob Pryce - Athletic Therapist** – Proper Stretching and Warm up
- June 26** **Pot Luck Luncheon** – *Group starts at 12:30 PM. Please call to confirm attendance.*



*Spring has
Sprung*



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