



HEALTH CAPSULE | No.63 | 2019

START THE NEW YEAR WITH CREATIVITY!

Creativity is essential to our quality of life and wellbeing. Creativity is the ability to think in unusual and flexible ways. It fuels our ability to problem-solve, innovate, broaden our horizons, explore new and unfamiliar areas. It helps us gain the skills to solve problems more confidently and effectively, and cope with difficult emotions and challenges. We all have creative potential! It only needs to be put into practice. Here are some creative activities to improve our wellbeing:

Writing helps your mind cope and recover

Expressing yourself through writing has been linked with long-term benefits for mental health, particularly for learning to cope with unpleasant or traumatic experiences.

Singing boosts the immune system

Singing is known to help performers breathe deeply and also correct posture. It may boost immune system activity, help to reduce stress hormones and increase proteins, like Cytokine, which helps the body to fight diseases.

Dancing, a fun path towards fitness

Dancing provides more freedom in terms of movement and rhythm. It involves moving every part of your body, and can do wonders by improving muscle tone, cardiovascular health, balance, coordination skills and a lot more.

Paintings, drawings and sculptures to fight anxiety

Art has a significant impact on the human brain. Looking at art engages areas of the brain involved in processing emotion and those that activate our pleasure and reward systems. Creating art is said to significantly reduce a person's state of anxiety.

Music to stimulate the brain

Playing an instrument has been linked in improving brain functions such as problem solving and memory retention.

Sources : Women's Brain Health Initiative, AboutKidsHealth, Passeportsante.net, Start2.co.uk



PREVENTION IS BETTER THAN CURE

Ten tips for safe winter driving



1. Get your vehicle ready for winter in the fall.
2. Install four matching winter tires.
3. Pack an emergency kit.
4. Learn and practice winter driving techniques before you need them.
5. Plan your trip, check road and weather conditions.
6. Remove all snow from your vehicle before each trip.
7. Give yourself extra travel time in bad weather.
8. Avoid using overdrive and cruise control on slippery roads.
9. Travel with a fully charged cell phone.
10. SLOW DOWN and BUCKLE UP.

Source : CAA Québec

FORGIVENESS BENEFITS AND HOW TO FORGIVE OTHERS

Forgiveness is good for mental health, but also for physical health. Forgiveness has many benefits:

Forgiveness is good for the heart

Literally, forgiveness is good for the health of our heart. According to a study in the *Journal of Behavioral Medicine*, it has been shown that forgiveness is associated with a **lower heart rate and lower blood pressure**. This same study found that forgiving also **helps to relieve stress**. This can bring benefits for heart health and overall health.

Forgiveness is good for physical and mental health

A later study associated forgiveness with 5 health measures, based on physical symptoms, medications used, sleep quality, fatigue, and somatic complaints. It seems that **reducing the negative effect and depressive symptoms that resentment produces strengthens spirituality, conflict management, and stress relief**. The impact of forgiveness therefore has a significant effect on overall health.

Forgiveness improves relationships with others

Another study published in the *Personality and Social Psychology Bulletin* found that **forgiveness helped to restore thoughts, feelings and positive behaviors towards the offending person**. That is, forgiveness restores the relationship to its previous positive state. In addition, the benefits of forgiveness can extend to **positive behaviors** toward others outside the relationship. In this way, forgiveness is associated with giving, acts of charity, and other altruistic behaviors.

Final considerations

When we forgive, we are giving ourselves the ability to be free from our own prison. We get rid of the pain and resentment that we carry on our shoulders, thus releasing us from the emotional and physical hurt.

Also, to forgive closes the door to the past. This act **implies an acceptance of what happened in the past**, to feel a profound detachment from the facts or accusations caused by the other person but also by ourselves.

In addition to forgiving others, it is also very positive to think about what we must forgive ourselves. Forgiveness is good for the body, mind, relationships and to find our role in this world. This should serve to convince you that it is better to let go, release the resentment and forgive.

How to forgive?

If you would like to learn how to forgive those who have disappointed, betrayed or injured you, here is an interesting hyperlink on the subject: <http://www.psychologies.com/Moi/Moi-et-les-autres/Relationnel/Articles-et-Dossiers/Les-7-etapes-du-pardon/7Prendre-son-temps>

Source : Website <https://nospensees.fr/les-bienfaits-du-pardon/>



**JANUARY 30,
2019**

On Bell Let's Talk Day, Bell will donate towards **mental health** initiatives in Canada by contributing 5¢ for every interaction described below.

Here's how to participate:

Twitter: Every tweet and retweet using *#BellLetsTalk* and Bell Let's Talk Day video view at *Twitter.com/Bell_LetsTalk*

Facebook: Every view of the Bell Let's Talk Day video at *Facebook.com/BellLetsTalk* and use of the Bell Let's Talk frame

Instagram: Every Bell Let's Talk Day video view at *Instagram.com/bell_letstalk*

Snapchat: Every use of the Bell Let's Talk geofilter and video view

Talk: Every mobile call and every long distance call made by Bell wireless and phone customers

Text: Every text message sent by Bell wireless customers

To learn more, please visit *Bell.ca/LetsTalk*.

Source : Bell Let's Talk