



THE  LUNG ASSOCIATION™
Manitoba



VISION
INSTITUTE



15 Month Calendar

Your Health Matters

Tips for a healthier life

2014-2015

Welcome, Bien Venu, Aaniin, Boozhoo, Tanshi, Wotziye, Ho!, Han! Tansi...

How to use this calendar...

Nine (9) partners have come together to create resources and tools to help community members achieve and maintain a healthier lifestyle while reflecting our shared values.

Our goal is to present an interactive calendar that reflects health and wellness at the forefront of people's minds so that it is reflected in the actions and choices we make on a daily basis. This, in turn, will help achieve the vision of a healthier and vibrant family, community and population.

The Calendar Group has provided general information in the form of statistics, graphs, pictures, recipes, web links, etc for you. You can click on the blue links (computer edition) to access more interesting information or you can turn to the last page for contact information.

Each month features a new Calendar group partner who delivers a special message or resource for you to consider. The goal of providing this information is to have you reflect on it as to how it affects you, your family and your community and to think of some plans or goals on how to incorporate or make better choices about your health.

Each month has space allocated for writing in your blood glucose sugar levels (if you are a diabetic) as well as space for you to write down and keep track of your activity for the month. Also, each month has a rating scale for you to monitor your readiness to get involved in new or different activities. After you rate your readiness you can reflect on a goal for the month and participate accordingly. Celebrate your success!

Other features...

This is a 15-month calendar that can be used immediately.

At the end of the calendar is a listing of additional resources and a feedback survey.

NADA would like to hear from you about your thoughts on this interactive calendar.

Fill in your responses and fax, email or mail your responses to NADA by January 31, 2016.

Your name will be entered to win 1 of 10 prizes!

The Calendar Group

The Calendar Group is an interactive 15-month calendar. Partners represented in this project include: National Aboriginal Diabetes Association ([NADA](#)), [Manitoba Lung Association](#), [Manitoba Tobacco Reduction Alliance](#), [First Nations Inuit Health Branch – Manitoba](#) (FNIHB), [Heart and Stroke Foundation](#), [Kidney Foundation of Canada](#) – Manitoba Branch, [Canadian Mental Health Association](#) – Winnipeg (CMHA), [Vision Institute of Canada](#) as well as [Canadian Diabetes Association](#).

Four Wellness Themes to achieve a Healthier Lifestyle

BE ACTIVE

EAT HEALTHY

NURTURE SPIRIT

RESPECT TOBACCO

We suggest that you make goals for the four wellness themes but also to identify other areas that you would like to work on in achieving and maintaining a healthier lifestyle. When considering personal goals for any one of the above themes, consider any possibility for yourself and then write your goal in the space provided below. Make sure the goal is specific, measurable, attainable, realistic and has a timeframe. (SMART).

Here is an example:

<i>Reflection</i>	I want to decrease my 'sitting time' and increase my activity time.				
	<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input checked="" type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
<i>Goal</i>	I will walk for 15 minutes every day for one month, starting this month. I will evaluate how I feel at the end of 30 days and then decide what my next steps will be.				

Remember to visit your family doctor or health care professional, especially if you are starting any new physical activity or trying to quit smoking.

October is Eye Health Month



Smoking is the largest and most important modifiable risk factor in the development of macular degeneration. People who smoke are 2 to 4 times more likely than non-smokers to develop macular degeneration. Macular degeneration is a major cause of blindness in adults over 50. The tar and chemicals in cigarette smoke cause a number of damaging effects to the important cells of the retina inside the eye, cells that are responsible for good vision.

Stopping smoking can protect these retinal cells. Other ways to protect the retina is to wear sunglasses that protect the eye from ultraviolet light. Like cigarette smoke, ultraviolet light causes the formation, inside the eye, of “oxidant” molecules or “free radicals” that can damage the structure of retinal cells, and even increases the risk of cataracts.

A diet that is high in “antioxidants” can help protect the eye from these “oxidant” molecules. A diet high in “antioxidants” is a diet that contains lots of the vitamins and minerals found in fresh fruits and vegetables, including the important plant carotenoids called lutein and zeaxanthin, found in dark green leafy vegetables.



“A sensible approach to optimizing visual health and preventing age-related retinal disease would be to consume a balanced diet that is rich in fruits and vegetables that contain these [lutein and zeaxanthin] carotenoids.”

Reflection | Can you incorporate dark green leafy vegetables into your daily routine to boost eye care?

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
---	--	---	---	--

Goal



Visit the Vision Institute at www.visioninstitute.optometry.net/ for more great tips in eye care.

2014

October

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
		1	2	3	4	5	
Blood glucose readings >							
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29 Just Move It day	30	31			
Reminder:							

Fit Feet Daily Foot Care Routine

People with diabetes are over **20 times** more likely to be hospitalized for a non-traumatic lower limb amputation compared to people without diabetes.

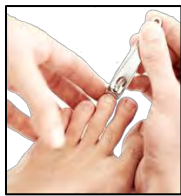
Foot care is essential to diabetes self-management.

1. Wash your feet in warm (not hot) water, using a mild soap.
2. Use a pumice stone to prevent calluses.
3. Dry your feet carefully
4. Check your feet for:
 - cuts • cracks • blisters • ingrown toenails
5. Clean cuts or scratches with mild soap and water, and cover with a dry dressing
6. Trim and file your toenails
7. Apply unscented lotion to your heels and soles.
8. Feel the skin temperature on each foot. If the temperature of each foot is different, please contact your health care professional.
9. Wear clean, white socks as often as you can. That way, if you have a cut or sore, you can easily see any blood spot.

Your ideal foot care kit should include:



Lotion



Nail clippers



Nail file



Unbreakable Mirror



Pumice stone

Reflection | How fit are your feet? How many of these steps do you follow on a daily basis?

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
---	--	---	---	--

Goal



2014

November

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
					1	2	
Blood glucose readings >							
3	4	5	6	7	8	9	
10	11	12	13	14 World Diabetes Day	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
Reminder:							



We all have
mental health!
How's yours
today?

Learn to take
care of yourself
in little ways, to
cope with hard
days and find
resources when
you need them!

Let's learn new
healthy coping
and build on one's
we already have.

Sometimes self-care isn't enough
and we need professional help.
Know your limit, and know you're
worth it.

Every Day Survival and Stress-Busting Kit

Toothpick – To remind you to pick out the good qualities in others.

Rubber Band – To remind you to be flexible; things might not always go the way you want, but it will work out.

Band Aid – To remind you to heal hurt feelings, yours or someone else's.

Pencil – To remind you to list your blessings every day.

Eraser – To remind you that everyone makes mistakes, and it's okay.

Chewing Gum – To remind you to stick with it and you can accomplish anything.

Candy Kiss – To remind you that everyone needs a kiss or a hug every day.

Tea Bag – To remind you to relax daily and go over that list of your blessings.

Reflection

What little things could you do each day to contribute to better mental health awareness and change?

Goal

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
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Self-Care is an important part of being our best self. Coping with everyday stressors and big life changes isn't easy. Use these ideas and find more at www.winnipeg.cmha.ca.

2014

December

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
1 Make my Survival & Stress-Busting Kit	2 Treat yourself to whatever makes you smile/laugh	3	4	5 Write down 1 self-care activity for every letter of your name	6	7 When I feel low I can talk to: _____	
8 Get a 10 minute power walk in to reduce stress	9	10	11	12 I can relax by: _____	13 Revisit my Stress-Busting Kit	14	
15 Check Point Do you have a favorite?	16	17	18	19 List all of the things you are grateful for	20	21	
22 Take 5 deep breaths	23 I am great because: _____	24	25 I am doing _____ as a nice thing	26 Revisit my Stress-Busting Kit	27	28	
29 What's your go to coping idea?	30	31					
Reminder:							

When you can't breathe, nothing else matters

"I smoked for 40 years; I am done! I am a non-smoker for the rest of my life!"
Arleigh Firby, Minnedosa, Manitoba
ManitobaQuits Winner, 2014

"Winnipeg Elder Madeline Hatch quit smoking for 5 years and this has saved her life."
"Tobacco is a gift from Creator. Keep it Sacred."

"Our whole family is healthier now that we have stopped smoking."
Dale and Tara Still, Selkirk, Manitoba
Participated in ManitobaQuits 2013

Quitting is not easy; so take it one step at a time. Do it for you!

Join the **ManitobaQuits contest** in January and try one of these:

Make your home smoke-free for four weeks

Smoke fifty percent less

Quit smoking for one week

Make your car smoke-free for a month

Quit smoking for the month of March

Be a Quit Buddy to someone and help them to quit.

Enter MBQuits for a chance to win up to \$1,000.00!
(Only for Residents of Manitoba)

Reflection | How can I use this information to help myself or someone I know quit smoking?

Goal	<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,



Visit www.manitobaquits.ca or call 1-888-566-5864 for more information.

2015

January

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
			1	2	3	4	
Blood glucose readings >							
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20 National non-smoking week	21	22	23	24	25	
26	27	28	29	30	31		
Reminder:							

Take the path to a healthy life

Get moving

Be active every day for a strong body, mind and spirit. Replace an hour of non-active computer, TV, or video game time with activities that get your body moving. Try hockey, fishing, walking, jogging, skating, dancing or anything you enjoy.

Be smoke-free

"Tobacco products contain over 4,000 chemicals. They can harm you and the people around you. Traditional tobacco use is not the same as smoking cigarettes, snuff or chew. Say NO to tobacco!"

Eat healthy foods

Food is a link to the land, to family and community. Following Canada's Food Guide will help you grow and fuel your body.

Limit your intake of sugar-sweetened food and drinks.



Reflection | What step can you take towards the path to a heart healthy life?

- | | | | | |
|---|--|---|---|--|
| <input type="checkbox"/> I'm not ready, yet | <input type="checkbox"/> I'm thinking about it | <input type="checkbox"/> I'm ready to try | <input type="checkbox"/> I'm able to pursue my goal | <input type="checkbox"/> My plan is working, |
|---|--|---|---|--|

Goal

February is Heart Month! Leading a heart healthy lifestyle can delay or prevent heart disease. Visit <http://ehealth.heartandstroke.ca>.

2015

February

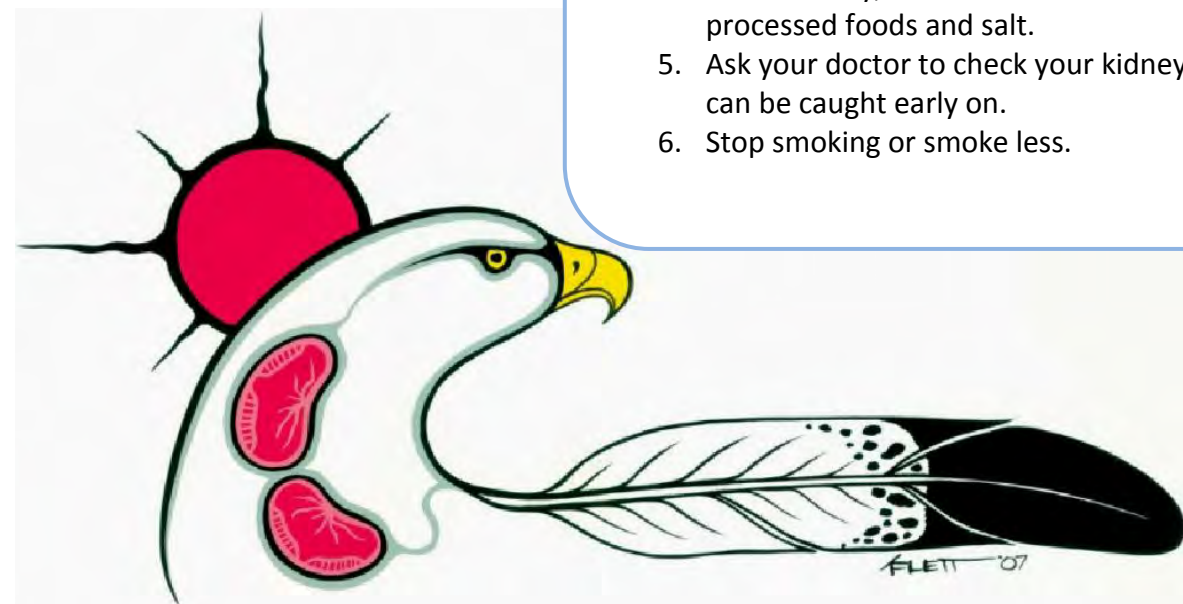
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
						1	
Blood glucose readings >							
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28		
Reminder:							



March is Kidney Health Month!

Will you be a part of spring welcoming ceremonies or practicing other rites in celebration of the change of season? Consider making a fresh start for better health during Kidney Health Month. Here are some ways to keep your kidneys healthier:

1. Manage your diabetes (if you have it).
2. Keep your blood pressure in-check.
3. Get more active, whatever that means for you. Gardening, fishing, and gathering wood/berries are all great ways to be active!
4. Eat a healthy, balanced diet that includes more vegetables and less processed foods and salt.
5. Ask your doctor to check your kidneys so that any signs of kidney disease can be caught early on.
6. Stop smoking or smoke less.



Reflection

Are you at risk for kidney disease? Ask your doctor to check your kidneys at your next appointment.

Goal

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
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For more information on our programs and services visit www.kidney.ca/mb or call 204-989-0800 or 1-800-729-7176.

<div style="writing-mode: vertical-rl; transform: rotate(180deg);">2015</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">March</div>		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
		Blood glucose readings >							
		2	3	4	5	6	7	8	
		9	10	11	12 World Kidney Day	13	14	15	
		16	17	18	19	20	21	22	
		23	24	25	26	27	28	29	
		30	31	Reminder:					



Nutrition & the Circle of Life



A time of new beginnings... healthy foods are an important start for growing children

A time to replenish... youth can strengthen mental health & wellness by nourishing their bodies with healthy foods and spiritual wellness

A time of working together... to harvest, preserve, and enjoy food together during a fall community feast

A time of reflection... time of rest, nourishing the body with traditional foods

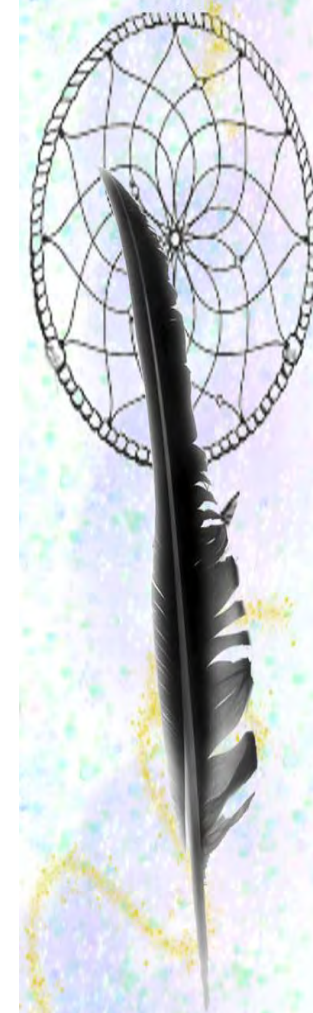
Respect your body... Your choices matter.

Reflection

What things can you do to nourish your body? Small changes make a big difference.

- | | | | | |
|---|--|---|---|--|
| <input type="checkbox"/> I'm not ready, yet | <input type="checkbox"/> I'm thinking about it | <input type="checkbox"/> I'm ready to try | <input type="checkbox"/> I'm able to pursue my goal | <input type="checkbox"/> My plan is working, |
|---|--|---|---|--|

Goal



Making healthy food choices can help reduce your risk of nutrition-related chronic diseases such as cancer, diabetes, heart disease and stroke.
Visit the First Nations Inuit Health Branch (FNIHB) website at <http://www.hc-sc.gc.ca/fnihb-spnia/index-eng.php>

2015	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
			1	2	3	4	5	
	Blood glucose readings >							
	6	7	8	9	10	11	12	
	13	14	15	16	17	18	19	
	20	21	22	23	24	25	26	
	27	28	29	30				
Reminder:								

April



Mental

When people successfully quit smoking they gain confidence in other areas of their lives.

Physical

There are many short term benefits to quitting smoking. Within 2 days, risk of a heart attack decreases.

Emotional

Nicotine withdrawal causes stress, anger and irritability. Those feelings decrease greatly only 4-5 days after quitting.

Spiritual

Many smokers feel like smoking controls their lives. Quitting gives us freedom.

The craving to smoke a cigarette goes away quickly. Get rid of the craving by waiting it out or by drinking a glass of water.

Reflection | What things can you do to reduce or stop smoking?

Goal

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
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May 31st is World No Tobacco Day. For more information visit www.mantrainc.ca/.

2015

May

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
				1	2	3	
Blood glucose readings >							
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31 World No Tobacco Day	
Reminder:							



<p>High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease.</p> <p>Aboriginal Canadians are 2.5 times more likely to have high blood pressure.</p>	<p>Control your blood pressure through a healthy lifestyle:</p> <ul style="list-style-type: none"> • Eat well with more fruits and vegetables • Cut down on the salt • Be smoke free • Get active more often • Manage your stress • Limit your alcohol intake 	Category	Systolic/ Diastolic
		Normal	120-129 / 80-84
		High-normal	130-139 / 85-89
		High blood pressure (measured in a doctor's office)	140 / 90
		High blood pressure (measured at home with home monitoring device)	135 / 85

Contact the Heart and Stroke Foundation by visiting www.heartandstroke.ca or by calling 1-888-HSF-INFO (1-888-473-4636)

Small steps lead to big changes.

Reflection | Do you know your numbers? Have your blood pressure checked regularly to know your risk.

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
---	--	---	---	--

Goal



Healthy lifestyle changes can reduce your risk and help you manage high blood pressure.

June

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						
Reminder:							



Being physically active has many health benefits, for not only your physical health, but also your mental, emotional and spiritual health. It doesn't need to be complicated.

Perform resistance activities or exercises at least twice a week and preferably 3 times per week in addition to aerobic activities. Resistance activities involve pushing, pulling, lifting and carrying and proper technique is needed to prevent injury.

Set specific physical activity goals, anticipate likely barriers to physical activity, develop strategies to overcome these barriers and keep records of your physical activity. For example, I will walk for 15 minutes, every night after dinner.

Get a minimum of 150 minutes of moderate- to vigorous-intensity aerobic exercise each week. Moderate to vigorous aerobic exercise is any continuous activity where your heart rate, increases, you are breathing harder and feel warm and are sweating.

Set a goal, make a plan. Every step counts.

Reflection

Can you take 20 minutes a day, in periods of 10 minutes at a time, to do something active? Make it something that you enjoy and that fits into your daily schedule.

Goal

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
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Just move your body every day! For more information visit www.csep.ca/.

July

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
Blood glucose readings >		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			
Reminder:							



Enjoy time with your baby.
Breastfeeding can happen
anywhere.



Breastfeeding creates a
natural bond between mom
and baby.



Exclusive breast milk provides
all the nutrition baby needs
for the first 6 months of life.

Breastfeeding is natural.
Encourage and support women to
breastfeed as it provides benefits
to both mom and baby.

Reflection | Think of ways how you can support women who are breastfeeding or are thinking of breastfeeding their baby.

<input type="checkbox"/> Not ready, yet	<input type="checkbox"/> Thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
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Goal

As a new mom, it can be hard to find time to be active. Start slowly and look for 10-minute time chunks of time to be active. A quick walk around the block pushing the baby carriage is a good start. When you are ready, slowly increase your daily exercise to help support healthy weight loss.

2015

August

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
Blood glucose readings >					1 National Breastfeeding Week	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	Reminder:						



JUST MOVE IT

It's up to you!

Chronic diseases, such as diabetes and heart disease, are affecting Indigenous peoples at staggering rates. Through JMI you will have access to tools to plan community events to increase physical activity.

There are many benefits of physical activity: feeling stronger, feeling better, more physical fitness. It also helps to prevent diseases like cancer, type 2 diabetes, and heart disease and helps you control your weight.

Having a walking, jogging or working out partner can be a great motivator to get active. Remember that every step counts, and as you build new habits you will start to enjoy the many benefits of being physically active.

Activities are great places to share information about positive physical activity opportunities within your community, and to link people with healthy lifestyle campaigns.

We welcome you to JMI and wish you the very best in your journey to bringing winds of change to Indigenous communities through the power of non-competitive physical activity. Get yourself on the map and share your story!



We can't have a healthy mind, unless we have a healthy body. We can't have a healthy spirit, unless we have a healthy body.



Reflection

What can you do to get moving?

Goal

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
---	--	---	---	--



Visit www.justmoveit.org to find out more about the Just Move It Initiative.

2015

September

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
	1	2	3	4	5	6	
Blood glucose readings >							
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					
Reminder:							



Early detection and treatment can prevent much of the vision loss caused by diabetes. See your family physician or nurse practitioner regularly and follow instructions about diet, exercise and medication.

It is important to control your diabetes as much as possible to minimize your risks because once damage has occurred, the effects are usually permanent.

The numbers tell the story.

People with diabetes are 25 times more likely to become blind than the general population.

1 in 5 Aboriginal people in Canada now lives with diabetes.

80 % of the vision loss from diabetes is preventable.

Reflection | What things can you do to maintain good eye health?

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
---	--	---	---	--

Goal



Have your eyes checked annually if you have diabetes. Visit www.visioninstitute.optometry.net/ for more great tips in eye care.

2015

October

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
			1	2	3	4	
Blood glucose readings >							
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		
Reminder:							



Prevention of Type 2 diabetes results mainly from healthy living, by managing your body weight through a balanced meal plan and a healthy way of eating with regular physical activity/exercise.

Remember, snacking on veggies is like having the healthiest fast food in the world.

Physical Activity Guidelines:

Ages 0-4 - 180 min/day
Ages 5-17 = 60 min/day
Ages 18-65+ =150 min/day

Visit www.csep.ca/ for more information.

What are the signs of Type 2 Diabetes?

Being thirsty often
Having to pee often
Unusual weight gain or loss
Getting tired often
Blurry vision
Getting infections often
Cuts and bruises that won't heal
Tingly or numb hands and feet
Problems with erections

Today is a good day for a good day.

Reflection | What things can you do to be more active?

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
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Goal

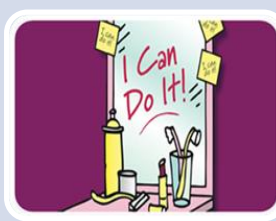
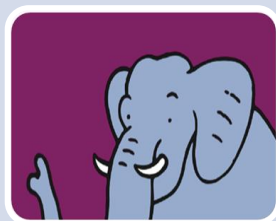


Prevention is key. For strong mind, body and spirit, be active every day. Type 2 Diabetes happens when your body does not make or use insulin the right way. Visit www.nada.ca to find out more information about Type 2 Diabetes.

2015

November

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
Blood glucose readings >						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14 World Diabetes Day	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	Reminder:						



Visit the Canadian Mental Health Association at www.cmha.ca

Sometimes a problem, emotional or otherwise, can feel overwhelming; like trying to eat an elephant!

In here you'll find some tips to help you tackle those big problems and take care of your mental health.

How do you eat an elephant?
By breaking it up into bite size pieces!

We all have goals and we all have thoughts, but sometimes it's our thoughts that get in the way of us achieving our goals.

These thought traps are common; we all have them.

By taking control of our thoughts we can take control of how we feel and what we're capable of.

Break down your goals into smaller pieces and support yourself with positive thoughts and motivational messages. Plan for setbacks.

Reflection

What things can you do to accentuate the positive things in life?

Goal

<input type="checkbox"/> I'm not ready, yet	<input type="checkbox"/> I'm thinking about it	<input type="checkbox"/> I'm ready to try	<input type="checkbox"/> I'm able to pursue my goal	<input type="checkbox"/> My plan is working,
---	--	---	---	--



2015

December

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	My Activity
	1 Break your goal into pieces	2 Do the 1 st piece	3	4 Do the 2 nd piece	5	6 Do the 3 rd piece	
Blood glucose readings >							
7	8 I'm doing this because _____	9	10 Check Point Day, how's it going?	11 I can contact _____ for support	12	13 I am capable	
14	15 You're halfway!	16	17 Check Point Day, how's it going?	18 When I feel low I can _____	19	20 Tell someone supportive your goal	
21	22 My setback plan is _____	23	24 Check Point Day, how's it going?	25 I can restart anytime, it is not a failure	26	27 I can find daily inspiration _____	
28 For myself, I am doing _____ today	29	30 I am grateful for my hard work and growth	31 Check Point Day, how's it going?				
Reminder:							

Resources

Organization	Description	Contact Information
Canadian Association of Wound Care	Foot care Information	http://cawc.net 416-485-2292
TeleCARE Manitoba	Working together to manage your diabetes	http://www.gov.mb.ca 1-866-204-3737
Lung Association of Canada – MB branch	Journey2Quit	http://www.mb.lung.ca 1-877-513-5333
Manitoba Tobacco Reduction Alliance	Tobacco cessation resources	www.mantrains.ca
Smokers Help Line	Tobacco reduction resources	http://www.smokershelpline.ca/ 1-877-513-5333
Vision Institute of Canada	Eye care resources and services	www.visioninstitute.optometry.net .
Canadian Institute for the Blind	CNIB Helpline	www.cnib.ca/ 1-800-563-2642
Kidney Foundation of Canada	Kidney disease information and resources	http://www.kidney.ca
Heart and Stroke Foundation	Heart diseases and Stroke Awareness Prevention and education	http://www.heartandstroke.on.ca
Anxiety Disorders Association of Canada	Awareness, prevention and treatment of anxiety disorders	www.anxietycanada.ca/ 1-888-223-2252
Canadian Mental Health Association	Mental health and anxiety resources	www.cmha.ca .
ConnexOntario - Mental Health Helpline	Free Health Services Information	http://www.mentalhealthhelpline.ca/ 1-866-531-2600
Canadian Association for Suicide Prevention	Mental health resources and network	www.suicideprevention.ca .
Health Canada	Canada Food Guide and other resources	http://www.hc-sc.gc.ca
National Aboriginal Diabetes Association	Diabetes resources	www.nada.ca
Canadian Diabetes Association	Diabetes resources	www.diabetes.ca
Nourish Move Thrive Canada	Nutrition and activity resources	www.nourishmovethrive.ca
Eat Right Ontario	Resources to help improve your health and quality of life through healthy eating.	www.eatrightontario.ca/
Dial-a-Dietitian	Information and nutrition resources.	http://www.dietitians.ca • BC – 811 • MB – 1-877-830-2892 • ON – 1-877-510-5102 • AB – 1-866-408-5465
Saint Elizabeth Health	Various resources	http://www.saintelizabeth.com
Canadian Society for Exercise Physiology	Physical Activity Guidelines for all Age Groups	www.csep.ca
Manitoba First Nations Diabetes Committee	Diabetes resources and information	www.mfndc.ca .
First Nations Inuit Health Branch	National Native Drug Abuse and Alcohol Program	http://www.hc-sc.gc.ca .
Hypertension Canada	Guidelines and Resources	https://www.hypertension.ca/en/
The Canadian Women's Health Network	Health resources	www.cwhn.ca/ 1-888-818-9172
ConnexOntario - Drug and Alcohol Helpline	Free Health Services Information	http://www.drugandalcoholhelpline.ca/ 1-800-565-8603

Your Feedback

We would like to hear from you about this calendar. Your responses are important to us and remain anonymous. In appreciation, NADA will enter your name into a contest for one of 10 great prizes. Please fill in your answers and send this back to us by mail, email or fax. Numbers are provided below.

Rating Scale

Please use the following rating scale from 1 to 5 to record your answers. Please circle your answer.

1 = unsatisfactory	2 = satisfactory	3= superior	4 = excellent	5 = not applicable	
1. Please rate the following Calendar features: <ul style="list-style-type: none">• The introduction on how to use this calendar• The Reflection and Goal statement• The monthly health tips• The Resource page• The pictures• The quotes• The trophies for celebrating your success from one of your goals	Rating Scale				
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5

The rating scale for the following questions has changed to YES or NO type answers. Please circle your answer.

2. Did you think that the calendar was easy to use?	Yes	No
3. Thanks to the calendar, did the information help you to set any goals?	Yes	No
4. If you set a goal, did you accomplish that goal?	Yes	No
5. Did you use any of the informative links on the Resource page?	Yes	No

Other questions. Please answer the following questions to the best of your knowledge.

6. If you set goals for yourself, about how many goals did you set?
7. If you did not set any goals, what kept you from doing so?
8. If you could make some changes to this calendar, what would they be?

Please send this feedback form to us by fax at: 204-927-1222 or by email at: info@nada.ca or by mail at: National Aboriginal Diabetes Association B1 – 90 Garry Street Winnipeg, MB R3C 4H1. All feedback forms received before January 31, 2016 will be entered in the NADA contest for a prize draw.

How can we contact you if you are a prize winner? _____