

THE SASKATCHEWAN BLUE CROSS

Wellness Guide

TWENTY

24

ISSUE 4

Overwhelmed?

7 strategies to reclaim your calm

Eye-opening

insights from an optometrist

Crack the code:

How to find reliable health info

How to

vacation like a local

anywhere you travel



Small things can add up to make big improvements, especially when it comes to your health and wellness. Whether it's taking an extra fifteen minutes for a self-care routine, adding in some extra steps or trying new foods, the path to whole health and wellness looks different for everyone.

This year's Saskatchewan Blue Cross Wellness Guide is all about helping you identify small changes that can make a big difference to help you along your health and wellness journey. Inside, you'll find information from a licensed optometrist, detailing how something as simple as paying attention to your vision care needs can help improve your overall health. Learn how to balance macros with snack foods when you're not feeling like cooking. Plus, discover small steps you can take towards improving your wellness.

Sometimes, enhancing your overall health and wellbeing can be as simple as identifying your needs. Take a look at how a social worker can help support you both physically and mentally, and boost your body with our tips on how to sneak more protein into your diet.

Explore all of this and more inside the 2024 Wellness Guide.

**Your journey to whole
health and wellness
starts here.**



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7 things to do

when feeling overwhelmed

There are many different factors at play when it comes to feeling overwhelmed. Whether it's work, relationships, finances or even health concerns — stress doesn't discriminate. But there are some great ways to help reduce stress and help you cope with feeling overwhelmed.

1 Practice mindfulness

Taking time to be present in the moment can help us focus on the here and now. There are many ways to practice mindfulness, such as meditation, movement (such as yoga or dance) or breathing exercises.

2 Take some 'me' time

Turn off your phone, take a nap, read a good book or simply spend some time with family or friends. It's hard to step away sometimes from our busy lives and the feeling we need to be productive in every minute. Even with approaching deadlines, taking some time for yourself can help refresh your body and mind to give you the energy you need to crush your to-do list.

3 Get quality sleep

Creating a cozy, comfortable place to rest is important for any night's sleep. Create a dark, quiet sleeping space to help your body and mind relax. Put down your phone 30 minutes to an hour before you crawl into bed, and stick to a schedule to help get the most out of your rest.

4 Eat something

For some, the more stressed we are, the less we eat. Skipping meals and snacks can lead to brain fog and fatigue, and make it more difficult to focus overall. Make sure you eat throughout the day, taking time to enjoy your meal. Don't ignore your body's hunger, and be sure to drink plenty of water.



5 Don't be afraid to say 'no'

Balancing your life is a delicate process of being able to say "yes" AND "no" to people — no matter what the task is. When you say yes to everything, you lose valuable time that you may need, like an extra hour of sleep or spending time with loved ones, or even time to yourself to accomplish your own tasks. Don't be afraid to turn things down to prioritize your own needs first.

6 Organize your thoughts

Stress comes easily when we focus on all the things out of our control, which can increase our anxiety. Taking a moment to organize your thoughts and redirecting your attention to things within your power can help center yourself and your priorities.

7 Ask for help

If you find yourself struggling after trying many coping options, consider speaking with a mental health professional. Therapy can help you find personalized support and help you find the root of what's causing you to feel overwhelmed.

How to vacation like a local — **anywhere!**

"I'm a big believer in winging it. I'm a big believer that you're never going to find the perfect city travel experience or the perfect meal without a constant willingness to experience a bad one. Letting the happy accident happen is what a lot of vacation itineraries miss, I think, and I'm always trying to push people to allow those things to happen rather than stick to some rigid itinerary."

—Anthony Bourdain



Eat the local food

Food is one of the best ways to learn and grow while travelling. Being open and curious about new flavours and dishes is a way to self-reflect and connect to the people around you. Food customs are a foundation for building cultures. Leave the hotel and find some street food, go for a long walk and stop at some of the cafes and small restaurants you see, analyze what attracts you to these places, and challenge yourself to see things in a new way, all while filling your belly.

Travel ethically

To travel ethically is to remember that your tourism profoundly impacts the environment, culture, animals, and economy of the place you are visiting. In many ways, tourism has a significant global impact. Travelling ethically is being mindful of how you impact the places you visit and allows you to make conscientious decisions about what you choose to do, see, and purchase. Having an immersive travel experience is always spent as a guest, and your experience is always fundamentally from the lens of your cultural perspective.

Talk to the people around you

If you find a local restaurant, ask your server about what to see or do in the area. Talking to the people around you can often lead to fun experiences and recommendations by people in the industry who live and play in the area. You can get amazing local recommendations for any place you visit by being open to making new friends.

Find local spots to do your favourite hobbies

Do you love rock climbing, running, surfing, reading, or playing board games? Finding a spot to do your favourite activities is a great way to socialize and meet new people. The joy of travel is often meeting lifelong companions in new places. Making new friends is a great way to have an intimate and engaging experience abroad — even for a short trip. Try to find out if there are any places to do your favourite activities in every new place you visit and you may find friends worldwide.

Get out and experience your destination like a local.

Opt for a short-term rental instead of a resort or large hotel

This allows you to have a functioning kitchen to go to the local market and select produce, live for a short time in the community and neighbourhood, and mingle with local residents. Look at the place you are travelling to and choose your vacation rental as though you were moving there. Find the most exciting arts districts, nightlife centres, or food markets. This is a great way to have an immersive experience in a new place.

Walk around and get a little lost

While this still requires some planning to ensure you will be safe and also ethical, walking in the place you're in is an amazing way to find interesting local gems, meet new people, eat great food, and explore the architecture. Always pack a cozy pair of shoes and charge your phone, and you're ready for an adventure.

Shop local

Find small stores, markets, street vendors, and second-hand shops to discover local treasures and support the local economy. No matter where you travel, you can always find a small coffee shop, a beautiful boutique, or a great local craft market. These gifts are far more beautiful and sentimental than a snow globe — trust us!

Wherever you go, always pack Blue Cross travel insurance.

When you're jet-setting to new and exciting places, volunteering in a community, or travelling for work, Blue Cross can protect you from the costs of unforeseen emergencies.

Get a quote or apply today to protect your trip.

Q&A

with a licensed optometrist



WITH
**DR. SHAUN
FLEMING, OD**

Healthy Eyes
Optometry

What should I know before going to the optometrist?

A comprehensive eye exam assesses your visual acuity, checking for any refractive errors (such as nearsightedness or farsightedness) and assessing your eye health as well as checking for disease. Optometrists use special equipment, instruments and lights to look into your eyes to ensure that you are attaining clear, comfortable vision and have healthy eyes. Some tests may be performed before you see the doctor as pre-testing. These tests don't usually hurt, but can sometimes be a little uncomfortable. You may require special drops to perform testing and your doctor will advise you on the side effects of each one.

When conducting an eye exam, your doctor may ask you questions about your general health. This includes medications, work and hobbies and any vision issues you may be having. An external and internal eye examination is done to check your eye for abnormalities. Using both wall and handheld charts, your doctor will assess your ability to see small details clearly at both near and far distances. You may sit behind a phoropter, which is an instrument containing a combination of lenses. These will be systematically changed until a clear focus is obtained. A number of tests will be done to evaluate how well your eyes align and coordinate when working together and individually. Other tests may be done to examine how well you see objects not directly in front of you (peripheral vision) or your ability to see colour or depth correctly.

If you need corrective eyewear, optometrists can prescribe the appropriate glasses or contact lenses tailored to your unique visual needs and preferences.

Early detection is key in managing eye conditions. Optometrists can identify, monitor and treat eye diseases, providing timely intervention to maintain your vision. They also work closely with ophthalmologists (eye surgeons) to refer your care if needed.

Optometrists provide guidance on maintaining good eye health through lifestyle choices and proper eye care practices.

Tell me about yourself...

I have been working as an optometrist for more than 14 years, completing my pre-optometry at the University of Regina. In 2008, I graduated from Optometry from the University of Waterloo in 2008, receiving the Alcon Continuing Professional Education Award and prize for Academic Excellence in Ocular Pharmacology.

I grew up in Regina, playing hockey for the Regina Pats, Brandon Wheat Kings and Spokane Chiefs. After completing my Optometry degree, I moved back to serve my community and the people I grew up with.

In 2010, Healthy Eyes Optometry opened its doors as one of the first non-dispensing Optometry clinics in Regina. Non-dispensing means Healthy Eyes Optometry doesn't sell glasses, and patients can take their prescriptions to other businesses to purchase glasses and contacts.

Why should I see an optometrist regularly, even if I have perfect vision?

Just because you have great vision doesn't mean your eyes are healthy. Many eye diseases, such as glaucoma, cataracts and macular degeneration, may not show symptoms until some damage has already occurred. Regular eye health checks are important, eye disease can progress without any obvious symptoms. Often, by the time the sufferer notices symptoms of a disease, vision has been permanently damaged. By having your eyes examined on a regular basis, your optometrist can detect signs of disease in its earliest stages and ensure prompt treatment.

In addition, other factors such as binocular vision (how your eyes work together) and accommodation (how well your eyes adjust their focus) also impact your ability to see. An optometrist can ensure that you have not only clear but comfortable vision and aren't at risk for eyestrain, headaches and double vision.

What is an optometrist? What type of training do they have and why is it important?

An optometrist, or Doctor of Optometry, is an independent primary health care provider who specializes in the examination, diagnosis, treatment, management, and prevention of diseases and disorders of the visual system, the eye and associated structures as well as the diagnosis of related systemic conditions. They are your primary eye health care providers who can offer a wide range of services to ensure your eyes stay healthy and your vision remains.

To obtain the professional designation, Doctor of Optometry degree, optometrists must complete a minimum of three years of undergraduate education and complete an Optometry Doctorate (OD) from an accredited school of Optometry.

What types of emergency services do optometrists provide? Which of these are covered by Saskatchewan Health?

Optometrists have the training and equipment to treat eye emergencies most effectively. This includes but is not limited to, eye infections, eye injuries, eye and eyelid inflammation, foreign objects in the eyes, dry eyes and sudden changes in vision. If you have experienced a sudden injury, abrupt changes to your vision, or are experiencing itchiness or discharge, you should contact your optometrist immediately. Saskatchewan Health covers ocular health examinations with your optometrist for persistent red eye, emergencies and the new development of flashes and floaters.

How does seeing my optometrist contribute to my overall health and preventive care?

Eye health and vision examinations play a vital role in ensuring a lifetime of clear vision and healthy eyes. Optometrists also routinely examine for ocular side effects of systemic disease and medications.

How often should you see your optometrist?

- **Infants and toddlers:** First eye examination should take place between 6 and 9 months.
- **Pre-school children:** Should receive at least one examination between the ages 2 and 5.
- **School-aged children (ages 6 to 19):** Annual exams.
- **Ages 20 to 39:** Exams every 2 to 3 years.
- **Ages 40 to 65:** Exams every 2 years.
- **Over age 65:** Annual exams.

These are the minimum recommended frequency as certain conditions require more frequent exams. In Saskatchewan, annual eye examinations for patients diagnosed with diabetes and children under the age of 18 are covered by Saskatchewan Health.



Balanced Snack Dinners

Ready to swap your current plate of bread and pickles for something a little more nourishing? Check out these “snack dinner” ideas to keep your energy up and your body thriving.

Registered Dietitians recommend making a “snack dinner” with a variety of food groups on the plate. For example:

- **Vegetables & Fruits:** carrots, sliced cucumber, bell peppers, cherry tomatoes, pickles, sliced apples, grapes, and dried fruits like figs and Medjool dates.
- **Grains & Starches:** multigrain crackers, baguette, rice cakes or crackers, or gluten-free crackers.
- **Proteins:** hard-boiled eggs, canned tuna or salmon, deli meats, cheese, or roasted chickpeas.
- **Healthy Fats:** nuts, cheese, olives, pesto, hummus, guacamole, or tzatziki.

Take inspiration from the ingredients and combination shared in this article to customize your own “snack dinner!”

A “snack dinner” is a meal that contains ingredients typically considered as a snack food combined in a way that makes for a balanced and nourishing meal. Rather than a traditional entree, a “snack dinner” is a low-effort plate filled with an assortment of ingredients, textures, colours and flavours!



BY
**COURTNEY
BERG, RD**

Registered Dietitian,
Vitality Nutrition
@vitalitynutrition

Mediterranean Plate

Hummus, olives, feta, pita, tomatoes, cucumber and bell pepper.



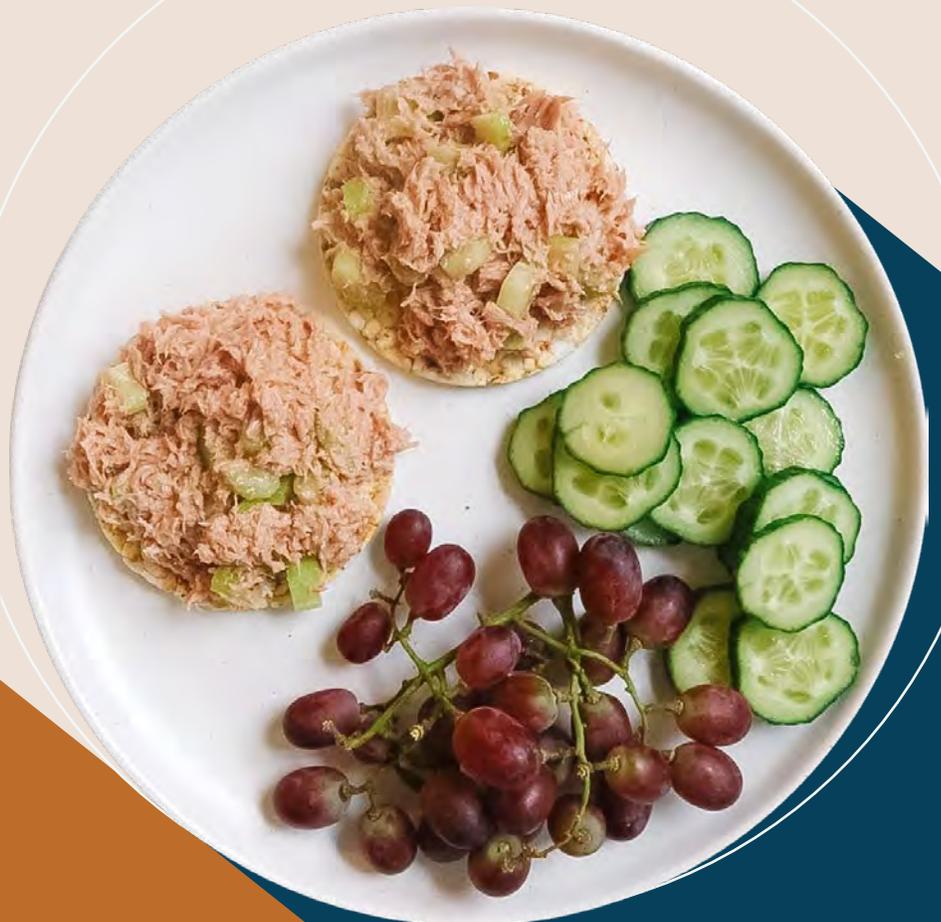
Bistro Plate

Hard-boiled eggs, turkey, pickles, crackers, cheese, carrots, and sliced apples.



Tuna Plate

Tuna salad made with mayonnaise, celery and onion served on rice cakes and accompanied by grapes and cucumber.



Take inspiration from the “snack dinners” featured in this article and create your own personalized snack board that includes a mix of ingredients you enjoy!

Social Work:

Providing education, advocacy and an inclusive environment



WITH
KAREN ZEMLAK,
MSW, RSW

Bloom Counselling & Wellness Centre

The public perception of social workers has greatly expanded over recent years. Social workers may be perceived through various lenses, depending on personal experiences and societal views, that can be influenced by the stigma surrounding mental health. While awareness and understanding of mental health have improved, there are still many misconceptions about mental health. This stigma can discourage people from seeking help, leading to untreated conditions and worsening symptoms. Perception combined with stigma can be an interesting path to navigate, which is where social workers look to provide education, advocacy and an inclusive environment.

Social workers provide a safe and supportive space for individuals to express their concerns and feelings without fear of judgement.

With reduced mental health stigma, social workers across many settings are better seen as crucial contributors to overall well-being. Their role in providing therapy, support, and resources for mental health challenges is increasingly valued. Additionally, there is growing awareness of their commitment to advocating for social justice, equity, and the rights of marginalized populations. In my career, I've witnessed the profession's notable growth. It is commonplace to see social workers in clinical practice today, whereas when I started in 1999, it was rare. Today, social workers are filling many gaps in mental health services and changing the landscape around who can benefit from mental health support. There is a greater appreciation that everyone benefits from improved mental health.

Anyone can benefit by getting help from a professional that offers empathy, understanding and validation, particularly during difficult times.

Social workers work to empower others, helping people develop coping strategies and build resilience, fostering personal growth and self-advocacy. It can be a challenge to figure out who to connect with for mental health support.

Why should you consider a social worker?

Social workers offer support and assistance in navigating life's social, emotional, and practical aspects. For instance, social workers can help you navigate life transitions where emotional support and practical guidance are needed.

Additionally, people struggling with mental health issues, substance abuse, or domestic violence can benefit from the specialized expertise and resources that social workers offer in navigating these complex issues. They provide emotional support, teach coping skills, assist with reducing stress, and can help enhance relationships, foster personal growth and promote effective problem-solving.





How does a social worker help you?

Social workers use a holistic mental health approach that considers many life factors. They are great at helping clients set goals and work towards them. Your experience will depend on your individual needs and the openness to establishing a trusting, collaborative, professional relationship with your social worker. Social workers can also benefit individuals even in the absence of obvious challenges. Overall, social workers operate in diverse settings, trained to address various social issues while providing individual and group support. Social workers, psychologists, and psychiatrists all play distinct and valuable roles in mental health, offering specialized support based on their education and training. The term “therapist” is a broad title used to describe various health professionals.

How do I connect with a social worker?

If you need help determining the best service(s) for your needs, don't hesitate to ask your family doctor or local private practice for their insight. Visits with a registered social worker will assist you on a journey towards overall well-being and improved health. If you do decide to reach out to potential social workers, it is beneficial to consider factors such as their expertise, experience, and approach to therapy.

Finding someone you feel comfortable with and who aligns with your specific needs and goals is essential. Ask for recommendations when booking an appointment or by talking with friends and family about their experiences. Personal referrals can be valuable in finding a professional who is a good fit for you.

You can access a social worker in many ways, including asking your family doctor or contacting private practice clinics or other public resources.

Share your experience

If you have had a helpful experience with a social worker, please let others know; if you think someone may benefit from a social worker, support them in reaching out, and if you feel you might need a little help, the first step is to reach out. On a lighter note, while social work is a serious and vital profession, it has some fun aspects. Social workers also have the magical ability to translate complex bureaucratic jargon into understandable language for their clients; they have an uncanny ability to unearth information from elusive sources, and they gracefully (most of the time) manage mountains of paperwork clients never hear about.

Ultimately, they quietly keep trying to make a difference every day. Brian Weiner once said, “Sometimes you don't feel the weight of what you've been carrying until you feel the weight of its release.” As social workers, we hope to support you in that release and help you feel free to let go and move forward.



Sneaky Protein ideas

If you are looking to include more protein in your diet, consider these six creative strategies to sneak more protein into your day!

Protein is essential for overall health, and there are many benefits to consuming adequate protein in meals and snacks.

- **Feel full for longer:** Research shows that consuming protein keeps you feeling full for longer by increasing levels of the hunger hormones ghrelin and peptide YY.
- **Improve energy levels:** Adding protein to your breakfast will steady energy levels throughout the day by regulating blood sugar levels.
- **Build & maintain muscle:** Protein contains amino acids that are essential to building and repairing muscle.
- **Weight loss:** Clinical trials have found that consuming a high-protein diet reduces body weight and enhances body composition by decreasing body fat and preserving fat-free mass which includes muscle and bone mass.
- **Immune system support:** Including enough protein in your diet can support a healthy immune system.



BY
**COURTNEY
BERG, RD**

Registered Dietitian,
Vitality Nutrition
@vitalitynutrition

Some people find it difficult to build beneficial protein sources into their meals and snacks. Furthermore, certain populations (e.g., athletes, pregnant women, and older adults) require additional protein to meet their needs!

Selecting high-protein foods like meat, poultry, fish, eggs, dairy, soy products, and beans at each meal and snack can help you get enough protein. In addition to these protein staples, implementing the unique strategies in this article can further boost your protein intake so that you can obtain the benefits that this nutrient has to offer!



1 Blend cottage cheese into the recipe: Cottage cheese is making a comeback with viral content on social media sharing creative ways to integrate high-protein cottage cheese into a variety of recipes such as pancakes, dip, egg muffins, alfredo sauce and even ice cream!

2 Sprinkle on some hemp hearts: Hemp hearts contain a notable amount of protein! Sprinkle hemp hearts onto toast with peanut butter and banana or add a spoonful to oatmeal or a yogurt parfait!

3 Go for Greek yogurt: Greek yogurt contains more protein than traditional yogurts. While you can use Greek yogurt in classic recipes such as a yogurt parfait, consider these creative ideas to offer a boost of protein to your meal or snack!

- Use plain Greek yogurt as a replacement for sour cream
- Replace the oil in your baked goods with equal parts Greek yogurt
- Use Greek yogurt instead of mayonnaise in egg salad or creamy dressings
- Make high-protein pizza crust with Greek yogurt
- Mix a dollop of Greek yogurt into overnight oats or smoothies

4 Add frozen edamame to your meals: Edamame pods are a plant-based protein that are typically served as an appetizer! However, there are plenty of ways to use edamame to boost the protein content of a variety of meals, such as fried rice, salmon bowls and salads, or blended into homemade guacamole or hummus.

5 Add protein powder to the mix: Protein powder can be sourced from a variety of sources and includes whey protein, plant protein and collagen protein. Protein powder isn't just for protein shakes! Check out these ideas:

- Make a protein-pumped yogurt parfait with flavoured protein powder mixed into plain Greek yogurt
- Prepare protein oatmeal with a scoop of protein powder stirred in
- Make protein-infused desserts like energy bites, cookies, and muffins
- Add a scoop of unflavoured collagen protein powder to coffee or soup

6 Read the Nutrition Facts table on products: Investigating the food label can help you compare foods and identify options that contain more protein. You may be surprised to find a notable amount of protein in unsuspecting foods such as sprouted grain breads, ultrafiltered milk, or bean pasta. Review these tables at the grocery store to identify foods with more protein!



There are plenty of creative ways to add more protein to your meals and snacks. Use these six tips as a starting point to boost the amount of protein you consume!

How to know when to trust a source



Expanding health literacy

At Saskatchewan Blue Cross, we believe in Empowering Healthy Lives by supporting the development of strong health literacy skills that will enable you to make good decisions about your health and wellness, based on the knowledge you have.

With all the sources available online, it can be hard to know who to trust when it comes to your health. Here are our tips to help you find reliable information to help you support your health.

HEALTH INFORMATION & SOCIAL MEDIA



You may come across various health information on social media, and it can be hard to tell what's being shared from a reputable source and what's not to be trusted. Some of this information may be accurate, while others may not. Recognize that just because something comes from a friend or colleague, it doesn't imply that it's truthful or scientifically correct. Keep reading for dependable resources to enhance your knowledge!

Identifying red flags

We all know you can't believe everything you read on the internet — but that begs the question, how do you know what online health information you can trust?

When it comes to identifying the most trustworthy sources for health-related advice on the internet, there are a few characteristics that you should look out for to avoid trusting inaccurate content.

- The website focuses on individual instances or personal testimonies to support its claims.
- Often, the material is presented in a dramatic, emotionally charged, or alarming manner.
- On the website, it is implied that a therapy will have the same effect on everyone (e.g., 100 percent success rate).
- The website is attempting to make a profit by selling you something.
- It is unclear who the author is or what credentials the author has.
- Studies are cited, however, they are either too old (from ten years or more ago) or the year of publication is not specified for the studies.
- Broken links may suggest that the site has not been updated in a long time and that the health information on the site is thus out of date as well.

Trusted sources

for health information in Saskatchewan

Many people who are looking for trustworthy medical services or resources on the internet often give up as a result of the sheer amount of health information available online. It can feel like a lot of work to sift through all the sources to find information you can trust.

In Saskatchewan, we have access to a variety of resources that are managed by trustworthy sources. These websites offer the province with reliable health-related information, which can be critical in determining the most appropriate treatment and care plan.

SASKATCHEWAN HEALTH AUTHORITY (SHA)

saskhealthauthority.ca

The SHA, which employs more than 40,000 employees and doctors, is one of the biggest organizations in the province. Their mission is to provide safe, high-quality health care to the public. They are motivated by a desire to improve healthcare for Saskatchewan residents, and they collaborate to better coordinate health services across the province. This ensures that you receive the proper care, in the most effective way, at the right time, and from the appropriate provider, no matter where you live in the province.

In particular, the HealthLine webpage provides a great resource to explore health information and search for a particular term. Search results will provide credible information you can use to make informed decisions about your health.

SASKSURGERY

saskatchewan.ca/surgery

SaskSurgery is a surgical effort in Saskatchewan that is part of the province's surgical initiatives. It is possible to get information on this website for individuals who are searching for medical guidance. This implies that Saskatchewan patients and their families, regardless of where they reside, will have access to safe, high-quality, and timely surgical treatment, and that patients will be regarded as people involved in their own general health.

211 SASKATCHEWAN

sk.211.ca

211 Saskatchewan offers a database of more than six thousand community, social and non-clinical health and government services across the province. Check out their website to find programs and services available in your community, with services available for anything from health conditions support, to medical clinics, help to find a medical professional and much more.

Other trusted sources

Government websites like the Saskatchewan Ministry of Health, Saskatchewan Cancer Agency and Health Canada are typically useful and trustworthy sources of information. You can also visit saskpharm.ca for a more complete list of health websites that could provide you with helpful information.

Ready to keep building your health literacy?

Visit our Health Empowerment resources at: sk.bluecross.ca/health-resources



in a funk?

Here are some tips to help you reignite your fire and help you feel inspired

Are you feeling down or lacking motivation? You're not alone. Whether it's work stress, trouble with a friend, or just plain burnout, we all have those moments when our motivation seems to dip. Check out these tips to help you get started again.

Take a break

Sometimes, all you need to do is give yourself a break from it all and recharge your batteries. Whether it's a day off from work, travelling, going for a hike or spending quality time with friends and family, a change from your daily routine can help you feel relaxed and bring that spark back.

Improve your diet

When we're feeling down, it's easy to seek out quick snacks and comfort foods. However, while these may make us feel better in the short term, they don't give us the nutrition we need to get ourselves back up and into a positive mindset.

If you find yourself feeling run down and demotivated, make yourself a nutritious meal. Create a healthy meal plan for the week and stick to it. This will not only give you the energy you need to keep going, but it will improve your state of mind as well.

Give back

Helping others can be a great source of fulfillment and bring a sense of purpose to our lives. Volunteering at a local organization or offering your skills and expertise to someone in need can make you feel good about yourself.

Find your motivation

If you're having trouble getting started on a project or unable to get anything done, think about what motivates you. Ask yourself what is most important to you to help yourself prioritize and set goals. This will help you figure out what you need to prioritize and improve on. Setting SMART goals (Specific, Measurable, Attainable, Relevant and Time-bound) and listing some rewards you'll get for achieving those goals is a great way to find your motivation and will give you the little extra push that you need to get going.

Sometimes writing things down can help you get some perspective. Jotting down your goals, ideas or just your feelings in a journal may help you get a fresh perspective and realize what motivates you.

You can also find inspiration in activities such as watching a new show, listening to a positive song or reading a book or article.



Be social

People are social animals. We need connections with others to boost our moods and spirits. Sometimes talking through a problem with another person can help you get some perspective and see things in a more positive light.

However, if you'd rather use this social gathering to forget about your problems and just have fun, that can work, too. Smiling, laughing, and enjoying someone else's company will improve your mood and help you feel refreshed and inspired.

Focus on self-care

Often, we forget to take care of ourselves which can lead to fatigue and burnout that can easily put us in a downer mood. Taking some time to focus on self-care can help us feel energized and refreshed once again.

Whether you want to curl up with your favorite book and a cup of tea or book a day at the spa, it's important you find the time to relax and decompress. The best part of self-care is that you don't need to spend a lot on it. You can try simple activities at home such as taking a long bath while listening to relaxing music, lighting up candles in your room, spending an afternoon baking, meditating or stretching, which will help you feel refreshed and inspired.

Exercise

Physically moving your body is one of the best ways to improve your mood and reignite your spirit. Go for a bike ride or a run, for example. If these activities aren't for you, try a brisk walk, a hike in the woods, or a fitness class. If you don't have time to exercise, simply putting on some music and dancing around the room can help you release feel-good endorphins that can immediately improve your mood.

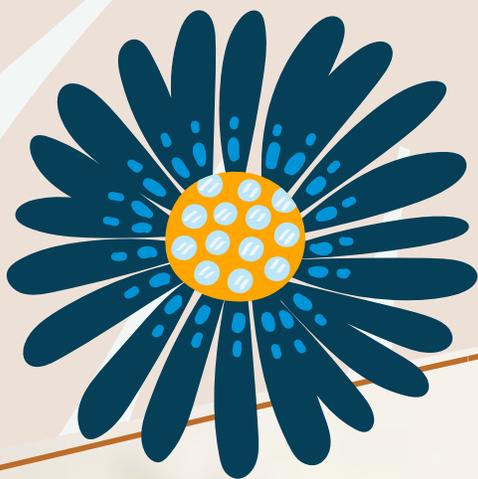
Learn something new

Challenging your mind with new information and skills can be incredibly invigorating and can fuel your creativity. Take a course, attend a workshop, read an article or learn a new skill. The opportunities are endless.

Know when to get help

Sometimes, physical or mental health issues can leave us feeling in a rut that we're unable to pull ourselves out from. If you're feeling down for a prolonged period and you can't pick yourself up no matter what you do, consider talking to a health professional.

Remember, it's okay to feel uninspired and burnt out at times. What's important is recognizing it and taking action to reignite your spark. Try incorporating these tips into your routine and you'll be on your way to putting a spring back in your step.





Empowering healthy lives.

Get in touch

Our business hours are 8:30 a.m. to 5:00 p.m., M – F.
In-person service hours are 9:00 a.m. to 4:00 p.m., M – F.

Saskatoon

516 2nd Avenue North
PO Box 4030
Saskatoon, SK
S7K 2C5

Phone 306-244-1192
Fax 306-652-5751

sk.bluecross.ca
1-800-667-6853 within Canada

Regina

100 - 2275 Albert St,
Regina,
SK S4P 2V5

Phone 306-525-5025
Fax 306-525-2124



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