



## Pembina Counselling Centre

### Fundraising Banquet

Thank you for praying for us as we prepared for the evening, joining us there, and for your partnership. On April 14th, over 265 people were able to attend this event at the Days Inn Conference Centre. We heard musical entertainment by Lincoln Neufeld and Steve Dueck, testimonies by Derek Loewen and Cam Buhler, an opportunity to meet our counsellors and some of the board members. In total over \$39,000 was raised through donations and monthly pledges.

### Thank You

Thank you for your continued support through prayer, encouragement, referrals and finances for Pembina Counselling Centre. Your help makes it possible to help people in our community.

## The 7 Wellness Practices

by Paul Penner

For the month of May (which promotes mental health), our office has been working on creating awareness of the importance of mental health. It's more than likely that many of you have heard of 'wellness' practices. And for those who haven't, they are really common sense self-care rituals that all of us need to practice in order to maintain our health. I thought that I would summarize them for reference sake, and as a reminder to take care of yourself.

1. **Drink water...** An appropriate amount of water to drink each day is one 8 ounce glass for every 20 lbs of body weight.
2. **Healthy diet...** We need adequate nutrition and a balanced diet. There are all kinds of websites that talk about how many calories the body needs. A book I found helpful was "Intuitive Eating" by Dr. Santiago. Chewing our food adequately helps the body release enzymes to aid in digestion. It also helps to learn what kinds of foods mix well in our stomach. Fruit typically doesn't mix well with other foods. It normally should be eaten on an empty stomach.
3. **Exercise...** This element is so easy to overlook because we don't feel like doing it when we are tired, but it can make such a difference in how we feel. Stretching muscles, lifting weights, deep breathing, yoga, 20 minutes of sustained elevated heart rate by exerting energy (*ie. walking, running, biking, swimming, working, etc.*), or some form of recreation are options on how to get exercise.
4. **Detoxification & stress reduction...** Looking after the pathways of elimination (*our bowels, and bladder, skin, lungs, liver, health blood, and lymph system*) is important because that's how waste and toxins are eliminated from our body.

you are  
not a mess.  
you are  
a feeling  
person  
in a messy  
world.

GLENNON DOYLE MELTON

## New support staff

Pembina Counselling Centre has been busy and with that, we've added extra staff and volunteers have been needed. When you get a chance, stop in at the office and say hi to our new team members; Tracy Peters and Barb Neufeld.

We appreciate all our staff as they continue to positively impact our clients and partners.

We're on social media through Instagram and Facebook finding ways to encourage others. Feel free to "share" with friends.



We also need to take care of organ health (*ie. Our brain, pancreas, thyroid, stomach, etc.*) Chinese medicine says that a clean bowel is critical for good health. We might have to read up on how to detoxify, or consult with a professional, but there are things that we can do and when we do them, we feel better. When it comes to stress reduction we need to learn to balance work and regeneration. Exercise is a big part of reducing stress, and not over committing to begin with also helps.

**5. Sleep...** Different people can require different amounts of sleep. The average person needs between 7.5 and 8 hours per day. We need more when we are highly stressed. The body does important functions while we sleep. It cleans itself, and it needs to detoxify before it heals itself. We need restful sleep to dream. Dreaming is important to 'reset' the nervous system. Staying awake into our second wind really amounts to stealing resources from tomorrow. We will be more tired the next day.

**6. Supplementing...** We don't get all the benefits that our body needs from food alone. Sometimes we need to supplement to help our body work to its fullest potential. Such supplements include: minerals, vitamins, enzymes, broad spectrum amino acids, fibre, and omega 3 (*ie. Fish oil*). To look after this area well, it is wise to inform oneself by consulting with some good literature or a qualified health care professional.

**7. 'Soul care'...** We need to experience meaningful connection in a few ways. Spiritually (*with God*), interdependently (*with significant others*), and within ourselves (*by being aware of our feelings, thoughts, purpose, roles and desires*). We need to be at peace in ourselves and have hope. We need to debrief emotions and concerns with a caring friend or family member and deal with differences respectfully.

Build these wellness practices into your lifestyle and if you feel like making this interactive, let me know (you're welcome to email) whether you experience your life differently.

Has your address changed? Would you like to receive information by email? We'd love to hear from you by phone: 204-822-6622 or email: [pccmorden@gmail.com](mailto:pccmorden@gmail.com)

*Thought for the day...*

*"Character is when we defer relief or self-gratification for a higher purpose."*