

March 20, 2020

Rediscovering our interconnectedness

The COVID-19 pandemic is a challenge unlike any that many of us have faced in our lifetime. **We increasingly see that protecting ourselves requires also protecting others.** And, at the core of this, there are many important lessons for us to learn about social unity and social responsibility. If we can rediscover this interconnectedness in a fresh way, we have the opportunity to deepen connections and relationships in the coming weeks and months that will make us stronger families, workplaces, and communities.

Our lives will have been interrupted, but we will have learned and grown and, I hope, made some new memories along the way with our families, our communities and our colleagues.

As we try to figure out our new normal, the Holistic Wellness staff have been talking about how our daily routines have been changed. We asked ourselves, "Is there a way to reduce the stress that comes from trying to control the change which has been asked of us by others?"

In the next few weeks, through regular newsletters, we will share some of the things that might not only help us but could give us a fresh outlook on our daily lives:

1. Be flexible: How do we cope and respond to our concerns in the midst of having our children home full time?
2. How do we grow and educate our kids even though they are not in school?
3. How do we create a balance physically, mentally, emotionally and spiritually?
4. Who can I turn to if we need help or support?
5. Are we up to accepting the family challenges? We will give you family ideas and you can show us the result through pictures or videos and we will enter your family name for a chance to win prizes. Send pictures and videos to our facebook page which is under construction. Our PAGC web page will have information as it becomes available..

These challenges are to be completed by family units in their own homes.

Challenge 1: Connection Activities (Attached)

Challenge 2: 6 of the Best for a week. (View Brochure)

Challenge 3: Gratitude Journal (Attached)

Challenge 4: Daily Routine Planned and completed.(Template attached)

Connect with us by calling 1-866-765-5305 (toll free) or 306-953-7285.

If you need a personal connection, please contact your Health Director who can forward the request.

Thank you for learning to cope with us,
PAGC Holistic Wellness Team