

# Cheshire Chat

Spring 2025 Edition



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3 Year Accreditation Recipient



## Spring H&S Tips

Spring is a great time to refresh your mind and body as the weather warms up and nature starts to bloom. Here are some wellness tips to make the most of the season:

### 1. Go for walks or hikes

Take advantage of the milder weather to get outside. Walking or hiking in nature boosts your mood and provides a gentle workout.

### 2. Spend time in nature:

Whether it's the beach, a park, or the forest, spending time in nature can lower cortisol levels and boost feelings of well-being.

### 3. Connection:

Spring is a time of renewal, so why not renew your connections with friends and family? Plan a get-together or simply spend more time outdoors with loved ones to boost your emotional well-being.

These wellness tips can help reduce stress, enhance job satisfaction, and improve overall health and well-being.



*Welcoming Wellness*

## Our special discount offers have started again with Canada Life Place!

Please keep an eye out for the emails and the posters in all Offices. We are working as a committee on planning for the rest of year, so please stay tuned for more information.

Congratulations to all of our Annual February Fitness Challenge participants, in total we accumulated 99 hours of fitness over the month of February!

Our **Annual Door Decorating Contest** winners! **Congratulations to our winners: Elgin 1st Place, South 2nd Place and Central 3rd place**



## Stress vs. Burnout

While both stress and burnout share common features, they differ in terms of intensity and duration.

- **Stress** tends to be a response to specific challenges that usually subside once the situation is resolved. It's often characterized by feeling tense or overburdened.
- **Burnout**, on the other hand, involves chronic exhaustion and a sense of helplessness. It's often a result of sustained stress over time and can lead to emotional detachment or a feeling of being "empty."

### Managing Stress and Preventing Burnout

1. **Recognize the Signs Early:** Identifying stress or burnout in their early stages can help you take action before they become overwhelming.
2. **Practice Self-Care:** Regular exercise, healthy eating, proper sleep, and relaxation techniques can help manage stress.
3. **Set Boundaries:** Learn to say no when necessary and avoid taking on too much responsibility. Clear boundaries help protect your energy.
4. **Seek Support:** Talk to a friend, family member, or a counselor. Having someone to confide in can reduce feelings of isolation.
5. **Time Management:** Prioritize tasks, break projects into manageable steps, and avoid overloading yourself.
6. **Take Breaks:** Short breaks throughout the day can provide mental and physical relief. Take time off when needed.
7. **Engage in Enjoyable Activities:** Spend time doing things that bring you joy, whether it's a hobby, a walk in nature, or time with loved ones.

### When to Seek Professional Help

If stress or burnout becomes overwhelming and affects your ability to function daily, seeking professional support is crucial. A therapist, counselor, or doctor can help you develop strategies for managing stress.



## Cultural Humility Corner

Spring 2025 offers an abundance of cultural events and awareness campaigns celebrating diversity, environmental sustainability, and health. [Click here to view the full listing!](#)

## Information Technology Tips & Tricks

### Online Browsing - Did you know?

Browsers communicate to websites with a protocol called HTTP, which stands for Hyper Text Transfer Protocol. HTTPS is the secure version of HTTP. Websites that use HTTPS encrypt all communication between your browser and the site.



 <https://www.website.com>

Secure sites have an indicator, like a padlock, in the address bar to show the site is secure. You should always ensure security when logging in or transferring confidential information.



 <http://www.website.com>

Sites without HTTPS are not secure and should never be used when dealing with personal data. If you are simply reading an article or checking the weather, HTTP is acceptable.

Our Attendance Initiative **"Make the Days Count"** continues and we would like to take this opportunity to congratulate the winners for this quarter!



  
Cheshire  
independent living services

**Congratulations to our  
"Make the Days Count"  
Draw Winners**

**Renee C, Lhubs Team Assistant**  
Winner – "Make the Days Count" PA & TA - \$500

**Dana W, East Program Manager**  
Winner – "Make the Days Count" Admin - \$100

**Next Draw:  
April 2025**  
(covers perfect attendance for the months of Jan - March)

**"DON'T  
COUNT THE DAYS;  
MAKE THE DAYS  
COUNT."**  
- MUHAMMAD ALI

*thank you!*  
for Making  
the  
Days Count



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