

Expand

Expand: Knowledge, Compassion and Team Spirit

VOLUME 2 ISSUE 2

APRIL 2021

INSIDE THIS ISSUE:

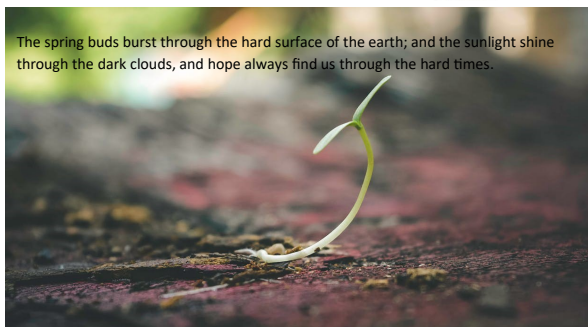
ED's Message	1
Quote of the Month	1
New Employees	1
T & D	1
gOT a minute	2
IPCT Desk	3
Closing the Gap	4
Workshops	4

A Message from ED

With the summer approaching, there are questions in minds. How is this summer going to be? We may not know all the answers. But being positive, hoping to have a good summer, following all the protocols, keeping our family, colleagues and our selves safe and healthy are the only productive measures we could take now.

Reach out to any one if you need to talk to: Me, your colleagues, physicians. We are always open to listen.

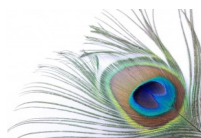
I also would like to take this opportunity to welcome new members to our team!



A Quote for the Month

“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

— Albert Einstein



Team CVFHT Expanded

We have a new member joining our IPCT team. Joumana Touma joined as Medical Office Admin. Eva Beaulieu is not new to CVFHT. Eva wanted to be part of the COVID Vaccination project and joined us again.

Welcome on board Joumana and Eva



Training & Development



Some resources to Expand your Wisdom:

- ⇒ <https://healthsci.queensu.ca/faculty-staff/opdes/programs/insomnia2021>
- ⇒ Health Services Heroes: May 11, 12 noon. Register for the link

CVFHT Newsletter 13

April 26, 2021

Expand: Knowledge, Compassion and Team Spirit

gOT a Minute?

Inside Out and the Importance of Emotions by Marina Rezkalla, Occupational Therapist

**Warning: spoiler alert*

Do you ever look at someone and wonder what is going on in their head? Well, that is the premise of the movie, *Inside out*.

Inside Out is based in the mind of an 11 –year old girl named Riley. The 5 main characters (voices) are the emotions in her head - Joy, Sadness, Disgust, Fear and Anger, with Joy being the alpha, the leader of the group and she considers it her mission to keep Riley happy at all costs and the day is a success when it is filled with joy. This means that Riley’s early memories, to Joy’s delight, are all the happy, golden spheres, her core memories, and are used to fuel her personality within her mind.

Joy keeps the other emotions in check but reminds that all of them have an important function. Disgust keeps Riley safe from being poisoned; physically and socially, Fear keeps her safe, Anger protects her from others and also allows her to be a better hockey player, but Sadness, Sadness simply gets in the way, and Joy forbids her from touching any of Riley’s memories.

At the beginning of the movie Riley moves across the country to San Francisco, a big change for any child and has to deal with the emotions that result. Joy tries to push away the complaints of the other emotions to keep Riley happy. Sadness proves especially hard to control and ends up in a scuffle with Joy which results in both of them getting lost outside of headquarters. So now they both can’t influence Riley and while they embark on the journey back to headquarters, the other emotions in effort to make things better, make things worse by giving Riley the idea to run away back home to Minnesota.

At the end of the movie, Joy realizes that not only is Sadness necessary, she is helpful, she is good for Riley. Riley needs to be able to feel Sadness in order to move on from the pains of moving.

When Joy and Sadness finally make it back to headquarters, Joy lets Sadness take over and that allows Riley to come back to her parents and reconcile her grief, forging a new positive bond with her family and finally allowing Riley to feel Joy again.

How is *Inside Out* relevant to our own lives?

1. Recognize the Emotion. Emotions serve important functions. There are reasons why we have emotions. We need them! When you recognize the emotion and you name it, it can help us figure out what is going on in our head. This is what mindfulness is about. Rather than getting caught up in the emotion, kindly observe the emotion without judging it as neither right nor wrong way to feel in a given situation. In fact, a [2014 study](#) found that depressed adolescents and young adults who took a mindful approach to life showed lower levels of depression, anxiety, and negative attitudes, as well as a greater quality of life.

2. We are not our emotions. Sometimes we label someone as their emotion, “he is always angry”, “she is sad all the time”. We need to recognize that our feelings aren’t as simple as they appear. When you recognize emotion, those emotions will begin to lead you to deeper meaning.

3. Everyone’s emotional makeup is different. Everyone has the same type of emotion/ characters in their head, but they can play differently and in different combinations. When we are dealing with people we don’t want to assume what their combination is, remain open and curious and try to figure out how they like to play them.

4. Changes in life fosters emotional growth. Moving to San Francisco was a huge change for Riley. She lost her friends, she could not play her favourite sport for a while. If we allow the change to happen it will upset the emotions, but it is up to us to try to decide what does this change bring in us. We can make choices in how we think and act. Change is inevitable, but through that we get to decide how we will manage our emotions and how to create meaning through it.

5. Finally, and I think the most important lesson is you can only know Joy if you know Sadness. In the movie, Joy views Riley’s hockey core memory, which she thinks was a pure happy memory of when Riley’s hockey team is tossing her up on their shoulders and celebrating her, presumably after a victory. However, Sadness tells her in fact, Riley missed that shot and ended up costing them the playoffs. When Joy views it again, she realizes that it is actually a sad memory, and this was the pivotal climatic scene when Joy realized it is actually healthy and necessary to express and outwardly signal her pain, causing her parents and team to reach out to Riley and comfort her.

Inside Out Cont.....

IPCT Desk

They came to help her because of sadness.

If we numb Sadness, we also numb Joy. Until Riley gets to the root of the issue, she continues to be lost in the emotions and she starts losing her islands of personality, Hockey island, Goofball island and anything she cares about. It is only when Joy and Sadness return that Riley can start to express what it is that is bothering her. And this requires time and patience.

It is no wonder *Inside Out* won the Academy Award for Best Animated Feature and applauded by critics. The lessons in this movie are not just for children, but adults too! Trying to force yourself to be happy doesn't help Riley neither will it help us deal with the stresses and transitions of life, but we can make a choice how we act. It is important to express one's feelings and confide with people you trust, both at home and also in the workplace. We spend most of our days at work, and therefore the work environment can both positively and negatively impact our mental health. Having proper communication with colleagues, and the ability to be reflexive about feelings and emotions can help ensure you are taking care of your mental health, just like Riley.

Have you seen *Inside Out* yet? What did you think about it?

References

- Bryant, M. (2016). Why patients and doctors should watch *Inside Out*. *British Journal of General Practice*, 66(643), 92-92.
- Docter, P. (Director). (2015). *Inside Out* [Film]. Walt Disney Studios MotionPictures.
- Chambers, R., Gullone, E., Hased, C., Knight, W., Garvin, T., & Allen, N. (2015). Mindful emotion regulation predicts recovery in depressed youth. *Mindfulness*, 6(3), 523-534.



C19-pandemic: Impact on Behavior and Addiction

The social impact of stay-at-home measures combined with on-line schooling during the C19-pandemic has been acknowledged to affect both mental health and well-being. Prolong and frequent exposures to social media influencer's increases risk of depression but may also exacerbates hidden behaviors. Recently, behavioral therapists and addiction specialists are identifying an upstream in problem social issues such as gambling; video gaming; overspending; technology overuse and hyper sexuality. These behavior and addiction problems cut across age, gender, religious preference and race with outcomes devastating to the individual and their families.

Here are a few facts compile by ADAPT- Haltom Alcohol, Drug and Gambling Assessment Prevention & Treatment Services (ADAPT):

- ◆ Approximately 2.5% of Ontario's population experiences moderate to severe gambling problems
- ◆ In Canada, 23%-7th graders and 40%-12th graders reported gambling
- ◆ Approximately 5.8% of the population(pre-COVID) reported issues with overspending
- ◆ Hyper-sexuality- addiction to adult videos is under-reported but heighten increase since the pandemic.

We are happy to announce a joint venture with ADAPT. An information night: [Problem Gambling and Behavioural Addictions on Thursday June 24th, 2021 from 6:30 PM – 8:00 PM.](#)

A Link to register : <https://www.cvfht.ca/SecureMessage.php?event=126&edate=1624573800&vid=124552>

The ADAPT team will guide us to understand signs and symptoms surrounding problem gambling and behavioural addictions, where to seek help for individuals and available resources.

Sincerely,
Adijatukubra Musa
Program Manager, IPCT

HR Corner

Closing the Gap



If I ask what is diversity, you already knew. We always speak about diversity, and diversity in the workplace. You may even know the definition of diversity. Regardless, we always attribute diversity to culture.

Beyond culture, race, ethnicity, person, education, of experience, expertise, the way we think, your skill **TOTAL** there are other facets to diversity. It could be religion, language we speak, the accent we have, background of age, gender, sexual orientation, geography, disability, level set, the dress you wear and socioeconomic status.

It also could be defined how we see the world, what we think the world is, how we solve problems, analogy and metaphor we use and the life experiences we have. (Page, 22 April 2015).

It also means understanding the uniqueness of each individual. It is also a conscious practice of appreciating interdependence on each other in workplaces and mutually respecting each other. (Patrick et al, April 25, 2012)

It shows how challenging it is to maintain an inclusive workplace culture. How hard it is to include people’s experiences and perceptions of world and life in general.

How can we contribute to having a workplace that respects the diversity. How could we include everyone regardless of their differences. **How could we close the gap?**

1. **Trust:** Develop trust among employees starting from the top down.
2. **Openness:** Open transparent communication and avoiding gossips and rumors.
3. **Treating** everyone equally: simply by saying good morning or happy birthday to everyone regardless of their position.
4. **Adopt** one set of objective standard of rules and norms.
5. And Finally, **Listen:** Listen to your colleague, be a support system.

mk

References

1. Hofhuis, J., van der Rijt, P. G. A., & Vlug, M. (2016, June 14). Diversity climate enhances work outcomes through trust and openness in workgroup communication. SpringerPlus.
2. Inegbedion H, Sunday E, Asaley A, Lawal A, Adebajani A. Managing Diversity for Organizational Efficiency. SAGE Open. January 2020. doi:10.1177/2158244019900173
3. Page, S. E. (2015, April 22). *Diversity leads to stronger outcomes, says lecturer*. Cornell Chronicle. <https://news.cornell.edu/stories/2015/04/diversity-leads-stronger-outcomes-says-lecturer>
4. Patrick HA, Kumar VR. Managing Workplace Diversity: Issues and Challenges. SAGE Open. April 2012. doi:10.1177/2158244012444615



**Problem with Gambling
and Behavioural
Addictions
Information Night**



Link

Join us for a 90 minute information session designed to create awareness towards behavioural addictions (i.e., Gambling, Technology overuse, Gaming, Overspending, and Hypersexuality). Participants will learn the signs and symptoms surrounding addiction, questions to ask individuals who may be struggling, and community resources available.

Workshop is free to attend!

Presenter: Ashley Davidson
Manager of Problem Gambling and Behavioural Addictions
adavidson@haltonadapt.org

