



October 2021 Newsletter

"Fearlessness is like a muscle. I know from my own life that the more I exercise it the more natural it becomes to not let my fears run me." — Arianna Huffington

October Holidays and Observances

In Canada, October brings about the beginning of the holiday season with Thanksgiving falling Monday October 11th this year. Just before Thanksgiving, on Sunday October 10th, is World Mental Health Day, a day used to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. October is also Breast Cancer Awareness Month, among many other health awareness days, and is often referred to as "spooky season" with Halloween on the 31st as usual.



[Click here](#) to see a list of other health promotion dates, and click the photo to the right to see a calendar of other dates that fall in October.

Gratitude

Gratitude is the expression of appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness and warmth. This social emotion strengthens relationships, and its roots run deep in evolutionary history—emanating from the survival value of helping others and being helped in return. Studies show that specific areas of the brain are involved in experiencing and expressing gratitude. Brain scans of people assigned a task that stimulates expression of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude.



[Read more...](#)

Autumn Anxiety: Why You May Feel More Stressed This Season

As pool time, sunshine, and longer days are on the way out, and autumn makes its way in, some people find themselves feeling anxious. "Autumn anxiety is the tendency for people to suffer from anxiety and low mood during the autumn months," Dr. Clare Morrison, medical advisor at MedExpress, told Healthline. "Unlike other anxiety, there often isn't an obvious external trigger, and it tends to recur annually," she said. She says many people don't realize how common anxiety in autumn is, and may not recognize it.



[Read more...](#)

World Mental Health Day

"The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted.



Yet there is cause for optimism. During the World Health Assembly in May 2021, governments from around the world recognized the need to scale up quality mental health services at all levels. And some countries have found new ways of providing mental health care to their populations.

During this year's World Mental Health Day campaign, we will showcase the efforts made in some of these countries and encourage you to highlight positive stories as part of your own activities, as an inspiration to others."

For more information, [click here](#).

Updates from the Government of Ontario



Ontario Cautiously Easing Capacity Limits in Select Settings Where Proof of Vaccination is Required

"With public health and health care indicators stable and proof of vaccination now in effect, the government, based on the advice of the Chief Medical Officer of Health, is cautiously easing capacity limits for select indoor and outdoor settings where proof of vaccination is required."

For more information click [here](#).

Expanded Eligibility for Third Doses of the COVID-19 Vaccine

"In response to evolving data around the transmissibility of the Delta variant, the Ontario government, in consultation with the Chief Medical Officer of Health is expanding eligibility for third doses of the COVID-19 vaccine to additional groups that face the highest risk of serious illness from the virus. This decision aligns with evidence and recommendations provided by the National Advisory Committee on

Immunization (NACI)."

You can read the full list of recommendations [here](#).

Ontario Announces Eight New Ontario Health Teams

"As part of its plan to end hallway health care and build an integrated health care system centred on the needs of patients, the Ontario government in partnership with Ontario Health is announcing eight new Ontario Health Teams located across the province. The province will provide up to \$9 million in funding over the 2021-2022 and 2022-2023 fiscal years to support these teams in their efforts to seamlessly coordinate health care services for patients and ensure the province's health care system can respond to any scenario as the COVID-19 pandemic continues to evolve."

[Read more...](#)

News from and for our Member Centres

If you are looking for volunteering opportunities, we would encourage you to check the website or social media pages of your closest distress centre, as many of them have openings for new volunteers right now. They will provide you with all the training and tools you need to make a positive difference in the lives of others, which can also be of huge benefit to your own mental health.



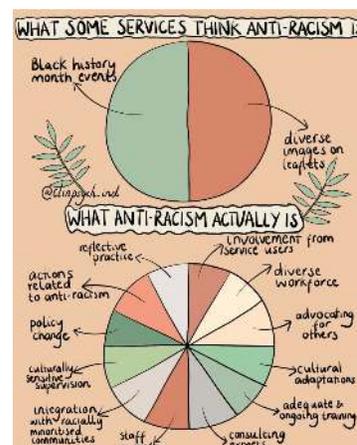
For Your Information or Just For Fun

An Infographic on Anti-Racism

"To create an equal society, we must commit to making unbiased choices and being antiracist in all aspects of our lives." - The National Museum of African American History & Culture

Read more on anti-racism [here](#) and you can view the infographic post on LinkedIn by clicking [here](#).

Artist credit: @clinpsych_ind on Instagram.



Resilience and Recovery in Community

If you would like to listen to and learn from podcast alum Jassy Narayan and fellow panelist Dr Mary (Joy) Philip about the topics of resilience and recovery, consider joining the Delton Glebe Counselling Centre in Waterloo, a partner agency, for a virtual breakfast event being held on October 27th, 2021. Click the photo to the right for more information.



All about (Canadian) Thanksgiving

"A lot of people think that the holiday is just a Canadian

In the month of October we will be exploring the topics of gratitude, family relations, and getting ready for the winter months.

Click the photo to the right to access our most recent podcast episode and to listen to old episodes.



Thank you for supporting Distress and Crisis Ontario. [Click here](#) if you would like to donate through CanadaHelps.org, or [click here](#) to purchase a Blue Jay Poster, as shown to the left, through ONTogether and support us that way.



DCO Upcoming Events and Schedule of Meetings

Leadership Webinar on COVID-19

Wednesday October 6, 2021 at 12:00PM

SOV Committee Meeting

Tuesday October 19, 2021 at 10:00 AM

SOV Webinar: Supporting Parents

Wednesday October 27, 2021 at 12:00PM

Board Meetings

January 27, 2022 at 1:00PM

April 26, 2022 at 1:00PM



Distress And Crisis Ontario

PO Box 40115
RPO Waterloo Square
Waterloo, ON
N2J 4V1
416-486-2242
www.dcontario.org

Contact Us

