

# MINDFUL DIGEST

## Connect & Inspire!



ART BY TRACY

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All articles, stories and poems are written as personal opinions and experiences, and are not official statements or representations of CMHA.

Community Connections  
CMHA, York & South Simcoe

Our programs

Our website

Contact us at 1-866-345-0183  
or 905-841-3977

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If you are in crisis,  
please call 1-855-310-COPE

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## Connect & Inspire!

### MEMBERS' POETRY CAFE

#### POEM OF GRATITUDE

BY PHYLLIS ROBINS

I am Grateful:

For my happiness filled with worldly joy.  
For my friendships existing without adversary.  
For the optimism of life's challenges and inner peace.  
For my being of presence and appreciation of several moments.

I am Grateful:

For each day I feel the love.  
For the beautiful sunshine piercing through the clouds.  
The warmth of the earth abounds and the bliss of nature appears.  
The blessings of calmness, filling my heart with serenity.

I am Grateful:

For the early morning stillness that lifts my spirit.  
For the trees that cleanse the air and keep it fresh.  
For listening to the music of the birds through open windows.  
For small and free pleasures that exist in life.  
Many valuable times to be grateful for.  
I am grateful to be alive.  
I am grateful for the healthy foods I eat.  
I am grateful for my supportive family and friends.  
I am grateful for the freedom to make choices.  
The daily satisfactions of gratitude capturing a meaningful life.


PHOTO HEATHER FORD

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## MEMBERS' POETRY CAFE

### KITTEN

BY STEPHANIE DELFINA



Bright eyes that glow in the dark  
Claws sharp that strike the bark  
Fur that is soft to the touch  
She scampers in a rush

Fierce teeth that bite when playing  
A soft purr that is so demanding  
A bottomless appetite that causes her to eat scraps  
Mommy and Daddy don't dress her up with straps

Fur with stripes that is so unique  
Alone she tends to want to be  
Rarely she'll lay with you  
Unless an embrace is due

Don't forget her if you can  
You're blessed to pet her with your hand  
She will bring so much joy to you  
Then you will want to have two

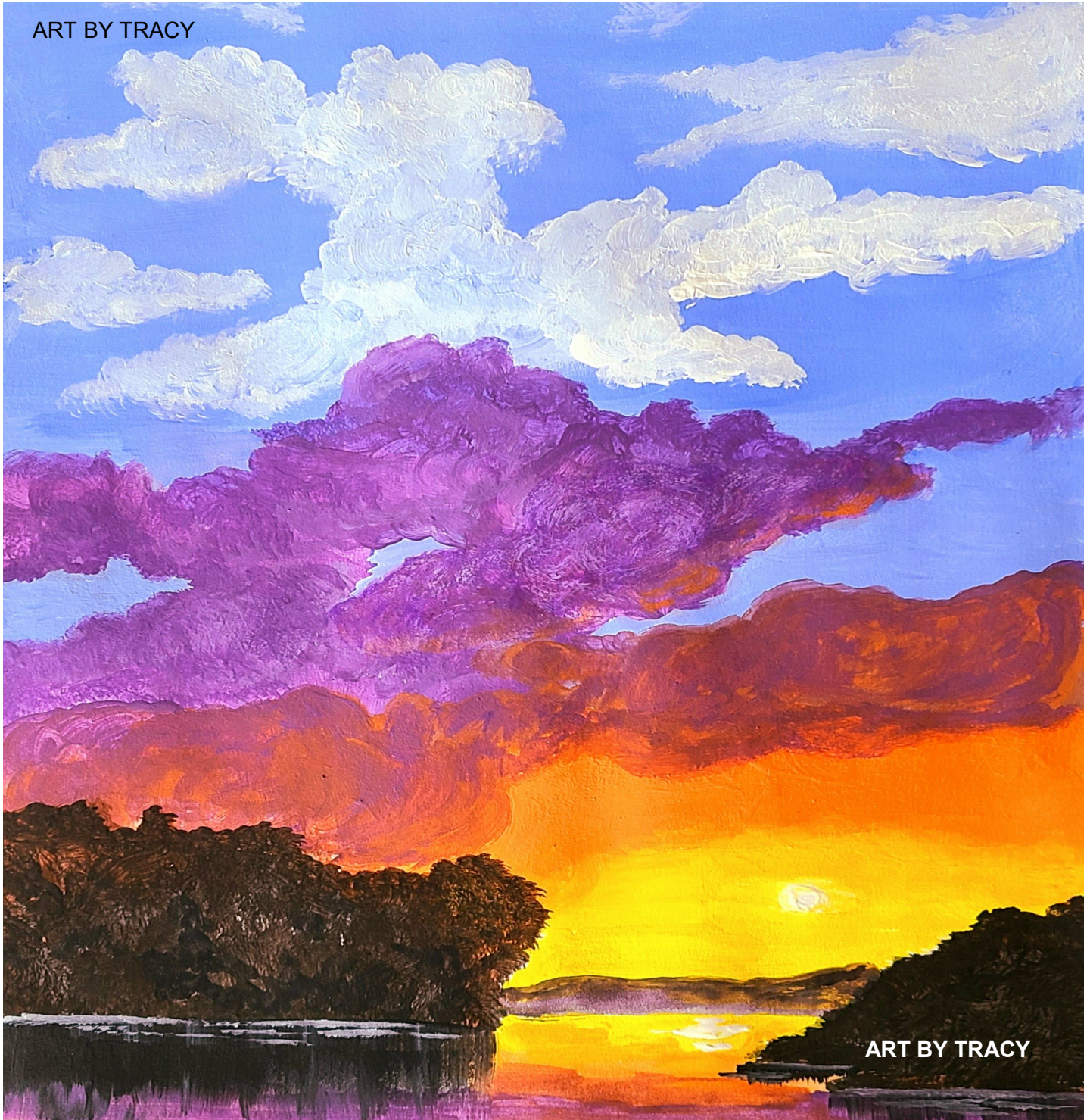
PHOTO THE LUCKY NEKO



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## MEMBERS' ART GALLERY

ART BY TRACY



ART BY TRACY



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## JOIN OUR VIRTUAL GROUPS

Contact:  
Community Connections,  
CMHA, York & South Simcoe  
[Our programs](#)  
[Our website](#)  
Contact us at  
1-866-345-0183 or 905-841-3977

## OUR NEW WEBSITE

We are in the process of making our website new and better than ever. Our calendar can be found online [here](#). Can't find the Zoom Link for your group? Be sure to check the Junk Mail the morning of the group or contact the group leader in the brackets of each group.

## FEEDBACK? QUESTIONS?

Please feel free to connect with me or the group leader in brackets next to each session (it is the most effective way of getting specific information/assistance related to a group). Anonymous feedback can be submitted to our Virtual Com-

ment Box here: <https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/CommunityConnectionsFeedback>

## YOUR SUBMISSIONS

The Mindful Digest is looking for submissions! To contribute to this publication, email your poems, stories, photos and drawings, and how you wish to be credited (e.g. initials, first name only, pseudonym, anonymous etc.)

to Jennifer: [vol\\_jjones@cmha-yr.on.ca](mailto:vol_jjones@cmha-yr.on.ca) Get creative and inspire others!

## NEED SOMEONE TO TALK TO?

We have redeployed staff to provide telephone-based supportive counselling to our community, to support people experiencing higher levels of stress and anxiety due to COVID-19.

To learn more visit: <https://bit.ly/33xIFpA>.

## NEED TO TALK TO SOMEONE?

Call 1-866-345-0183

If this line is busy call 905-841-3977

Monday to Friday 8:30 am to 4:30 pm

More information available on our website



Canadian Mental  
Health Association  
York and South Simcoe  
*Mental health for all*

## Connect & Inspire!

### MENTAL HEALTH & CAREERS – A JOURNEY OF DISCOVERY

BY JOHN T.

As a mental health client, I have been in constant battle with my symptoms as I try to build my career.

Having numerous setbacks on the road to life, has me question myself, my condition and my future.

Mental health services are extremely helpful as they are well aware of the struggles mental health clients go through and help steer us in the right direction.

Struggle in life is part of the journey. I have come a long way since first being diagnosed with a severe mental illness some 20 years ago.

My mental health and life journey is not in vain. Careers come in all sizes.

My position of janitor with a mental health agency in Toronto, pairs my progress in light with those in similar mental health

recovery.

Prior to my illness, I graduated York University. Now 25 years later, I am a building janitor. I understand recovery through my janitor services in a holistic manner. My janitor services enriches my life, by not just offering me a way to provide financially for myself and my family.

But in many immeasurable ways, felt in the quality of my emotional health and wellness. Such gifts of healing and wisdom are much appreciated in terms of personal growth after a long painful struggle with mental illness.

Accepting life can get hard teaches one to endure life's turmoil only to teach one of the beauty and wisdom down the road of recovery.

I witness and relate to the those affected by poverty, mental health and wellness issues.

Wealth building as I age and enter retirement is more building stronger emotional bonds than acquiring greater financial resources.

Working might help me build my financial nest egg, but my greatest treasure lies within the knowledge and support I have gained within the mental health community and it's services.

Wellness isn't found in a magical pill or drug. It's a combination of quality supports, good medicine and a positive client mindset.

Don't give up on yourself or your dreams. Obstacles in life are just challenges to overcome. Emotional challenges are just a way the heart tells the mind to be patient and good to yourself.

Remember, kindness never goes out of fashion!



BOULDERS OF ELORA GORGE BY JENNIFER LEE JONES

## Connect & Inspire!

### GOING FOR A WALK – A JOURNEY OF WELLNESS

By John T.

Medical practitioners express exercise is good for your physical and mental health. Going for a walk is a journey of wellness. It's also like a meditation. Exercising the body through walking helps strengthen your cardiovascular system. Your heart through exercise pumps more blood laden with oxygen through your body than if you were sedentary. This exercise has mood enhancing effects on your overall mental health by helping alleviate depression and bringing a more cheery disposition.

With the current global pandemic causing stress on people and families. It's important to look after one's mental health to avoid illness. Going for a walk daily is not only good medicine for your physical health but its effects are positive towards your mental health as well. The stress of the pandemic can be reduced by going for a walk. This journey of wellness helps restore the balance in our lives.

Being mindful while walking can be compared to a meditation in that you can actively work on mental health issues during a walk. Meditation can have similar benefits to

psychotherapy. Giving us insights into ourselves, our condition or our relationships. Mental health is paired with physical wellness in many ways. Don't let the global pandemic

stop you from getting well and staying well through quality exercise like walking.

Walking is more than exercise. It's a journey in wellness.

