



## Honouring Indigenous Awareness and Celebrating Pride

Celebrate Pride Month and National Indigenous History Month in June! Learn meaningful ways to be an ally and show support for the 2SLGBTQ+ community. Engage with the rich heritage, culture, and history of First Nations, Inuit, and Métis communities to deepen your understanding and appreciation. From scrolling habits to digital detox strategies, learn how to maintain a balanced online presence while safeguarding your mental well-being. Now that summer is finally here, read the top tips on safely enjoying the season, accompanied by two fresh summer recipes to share with your friends and family.



**This National Indigenous History Month, let's celebrate the rich history, heritage, resilience, and diversity of First Nations, Inuit, and Métis communities**

**This month is dedicated to reflecting on the lasting effects of colonization, advancing reconciliation, and deepening understanding between Indigenous and non-Indigenous people.<sup>1</sup>**

National Indigenous History Month encourages participation in various events, workshops, artistic performances, and educational initiatives across Canada. These activities aim to elevate Indigenous voices, increase awareness of their ongoing challenges, and support the maintenance and revival of their cultures and languages. Consider these activities to engage with and learn about Indigenous history, culture, and contributions:

- 1. Participate in cultural markets and fairs hosted by Indigenous communities.**
- 2. Support Indigenous artists and local businesses.**
- 3. Discover literature that highlights Indigenous perspectives and stories.**
- 4. Join workshops aimed at fostering understanding and reconciliation.**
- 5. Visit museums and cultural centers to discover more about Indigenous history and traditions.**



## Pride Month is a time to stand together in solidarity, support, and love for the 2SLGBTQ+ community

In Canada, it started as a picnic on the Toronto Islands—just three years after the Stonewall uprising in New York in June 1969, an event that sparked the gay liberation movement.<sup>2</sup> Celebrations, including parades, parades and concerts, fill the month and recognize the impact the 2SLGBTQIA+ community has on history and culture.

When we speak about this community, note that each letter represents its own group. Pride month is a chance to educate people about these groups and how to become an ally to our friends and family members who belong to these marginalized communities. Pride is ongoing for this community—it's not just important in June. The same goes for being an ally, which you can do by:

### Listening

You cannot make assumptions based on a person's looks or actions. Listen when someone tells you their pronouns or name, even if you think you've got it figured out. Words have impact, and you have a choice to make a positive or negative impact.

### Being deferential

Allow people in the community to lead conversations. These are their experiences, not yours.

### Educating yourself

Learn about the differences in these communities. There are many resources online. This is preferable to putting members of this community on the spot.

### Correcting incorrect statements

Once you have an understanding from listening, you will be equipped to "stop it in the wild." When you hear someone using derogatory terms or the wrong name or pronouns, correct them. Allies speak up!

### What does 2SLGBTQIA+ stand for?<sup>3</sup>

<b>2S</b>	Two-spirit
<b>L</b>	Lesbian
<b>G</b>	Gay
<b>B</b>	Bisexual
<b>T</b>	Transsexual
<b>Q</b>	Queer/questioning
<b>I</b>	Intersex
<b>A</b>	Asexual
<b>+</b>	Other identities such as pansexual, agender, and more

<sup>1</sup><https://www.rcaanc-cirnac.gc.ca/eng/1466616436543/1534874922512>

<sup>2</sup><https://www.thecanadianencyclopedia.ca/en/article/world-pride-2014-toronto>

<sup>3</sup><https://www.canada.ca/en/women-gender-equality/free-to-be-me/what-is-2slgbtqi-plus.html>



# How social media affects mental health

**Is social media a positive or negative influence on overall mental health? The jury is out.**

Today, nearly everyone uses social media. Facebook, Instagram, TikTok and YouTube are the most popular. Increasingly, we use them to entertain or distract ourselves and to stay connected to friends and family. Young people use social media to connect with their real-life and virtual communities.

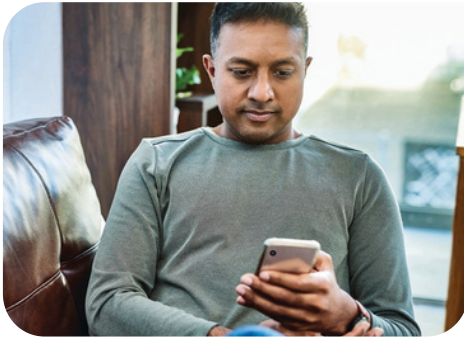
**Are you up on the latest lingo?**

**FOMO:** Fear of missing out.<sup>1</sup>

**Phubbing:** Snubbing someone you're talking with by scrolling through social media on your phone.<sup>2</sup>

**Trolling:** To antagonize people online by deliberately posting inflammatory, irrelevant or disruptive content.<sup>3</sup>

**Vamping:** Using electronic devices at night at the expense of sleep. This term is commonly associated with teenagers and young adults who engage in late-night browsing.<sup>4</sup>



## Social media can provide a distorted view of reality.

When you see photos and posts that seem to paint a picture of "perfect people" living "perfect lives," it may be hard to feel like you're measuring up. Remember: What you see on social media isn't always true, nor is it always as it appears.

## Here are some tips to protect your mental health while posting and scrolling:

### ✓ **Take a time out:**

Track how many hours you spend on social media. If you're spending more time on Facebook than face-to-face time with people, give yourself a social media time out.

### ✓ **Less is more:**

The University of Ottawa recently found that decreasing social media use improved emotional distress and body image with teens and young adults. They saw significant improvement in how they felt about both their weight and their overall appearance compared with peers who maintained consistent levels of social media use.<sup>5</sup>

### ✓ **FOMO has got to go:**

It is important to remember (and reinforce often) that everyone has highs and lows in life, just like you. Many only post selfies when they seem happy and carefree.

### ✓ **Be mindful:**

Be mindful of when you are using social media, and don't be afraid to set some personal boundaries, like not watching YouTube videos past bedtime or putting your smartphone away when you're out at dinner with friends. With being a bit more mindful, you can start to wean yourself off social media.

<sup>1</sup><https://students.wlu.ca/wellness-and-recreation/health-and-wellness/news/2021/winter/got-fomo-strategies-for-dealing-with-the-fear-of-missing-out.html>

<sup>2</sup><https://dictionary.cambridge.org/dictionary/english/phubbing>

<sup>3</sup><https://www.unbc.ca/communications-and-marketing/harassment-trolling-and-doxing>

<sup>4</sup><https://www.ontariocolleges.ca/en/programs/engineering-and-technology/electronics>

<sup>5</sup><https://www.canada.ca/en/public-health/services/publications/science-research-data/mental-health-problematic-social-media-use-canadian-adolescents.html>





# A refresh on summer wellness

Now that summer is finally here, let's recap a few key summer wellness tips to ensure you and your family can enjoy the sun safely.



## Stay Hydrated

As the temperatures rise, it's crucial to keep yourself hydrated. Sip on refreshing infused water with slices of citrus fruits, cucumber, and mint. It not only quenches your thirst but also provides essential vitamins.



## Sun Safety

Enjoy the sunshine responsibly! Apply sunscreen with at least SPF 30 before heading outdoors. Don't forget to wear a wide-brimmed hat and sunglasses to protect your skin and eyes.<sup>1</sup>



## Move Your Body

Embrace the longer daylight hours by engaging in outdoor activities. Whether it's a brisk morning walk, a swim, or a game of beach volleyball, staying active is key to overall well-being.



## Seasonal Eating

Take advantage of summer's bounty. Incorporate fresh fruits and vegetables into your meals. Try colorful salads with juicy watermelon, crisp cucumbers, and tangy feta cheese.

Here are a couple of delightful summer recipes to share with your friends and family:



## Grilled Chipotle Chicken

Get your grill skills on! This flavorful, healthy chicken recipe pairs excellently with a salad or bed of rice of your choice.

**Makes 4 servings | Prep: 15 min, Marinate: 1 hr, Cook: 15 min**

### Ingredients

- 4 boneless, skinless chicken breasts
- 2 tablespoons chipotle peppers in adobo sauce, finely chopped
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- ½ teaspoon black pepper
- Fresh cilantro, chopped (for garnish)
- Lime wedges (for serving)

### Instructions

- Prepare the Marinade: In a small bowl, mix together the chipotle peppers, olive oil, lime juice, garlic, cumin, smoked paprika, salt (if using), and black pepper until well combined.
- Marinate the Chicken: Place the chicken breasts in a large resealable plastic bag or a shallow dish. Pour the marinade over the chicken, ensuring each piece is well coated. Seal the bag or cover the dish and refrigerate for at least 1 hour or up to overnight for more flavour.
- Preheat the Grill: Preheat your grill to medium-high heat (about 400°F or 200°C).
- Grill the Chicken: Remove the chicken from the marinade and discard the remaining marinade. Grill the chicken breasts for 5-7 minutes per side, or until the internal temperature reaches 165°F (74°C) and the chicken is no longer pink in the center.
- Rest and Serve: Allow the chicken to rest for a few minutes before slicing. Garnish with chopped cilantro and serve with lime wedges. Feel free to add to a salad or bed of rice.

### Nutrition information | Serving size: 1 chicken breast (approx. 6 oz)



Calories: 210 | Total fat: 7 g | Saturated fat: 1 g | Sodium: 450 mg | Cholesterol: 100 mg  
Total carbs: 2 g | Fiber: 0 g | Sugars: 0 g | Protein: 30 g | Potassium: 450 mg



## Watermelon Feta Salad

This refreshing salad, bursting with the flavours of sweet watermelon, tangy feta, and fresh herbs, makes a perfect summer side dish.

**Makes 4 servings | Prep: 15 min**

### Ingredients

- 4 cups watermelon, cubed
- 1 cup cucumber, diced
- ½ cup red onion, thinly sliced
- ⅓ cup feta cheese, crumbled
- ¼ cup fresh mint leaves, chopped
- ¼ cup fresh basil leaves, chopped
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and black pepper, to taste

### Instructions

- Prepare the Ingredients: In a large bowl, combine the watermelon cubes, diced cucumber, red onion, crumbled feta cheese, chopped mint, and chopped basil.
- Make the Dressing: In a small bowl, whisk together the olive oil, lime juice, salt, and black pepper.
- Assemble the Salad: Pour the dressing over the watermelon mixture and gently toss to combine. Ensure all the ingredients are evenly coated with the dressing.
- Serve: Transfer the salad to a serving platter or bowl. Serve immediately, or refrigerate for up to 1 hour before serving.

### Nutrition information | Serving size: 1 cup



Calories: 55 | Total fat: 2.5 g | Saturated fat: 1.5 g | Sodium: 90 mg | Cholesterol: 7 mg  
Total carbs: 7 g | Fiber: 0.5 g | Sugars: 5.5 g | Protein: 1 g | Potassium: 125 mg



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