

# Mental Health and Wellness Newsletter

## J.O.Y – Jesus, Others, You

Thank you to Cheryl St-Elier and St. Mary's Staff for suggesting the topic of Joy. Thank you to Tony Cosentino for this resource.

Let us reflect on this post from Calgary's Bishop Fred Henry on the meaning of Joy.

"Re-reading Pope Francis' Apostolic Exhortation, reminded me of the story about a business man who had lost his sense of inner joy. On one business tip, he found himself sitting next to Mother Teresa of Calcutta. He couldn't believe the opportunity!

Not knowing how to start the conversation, he decided bluntly to ask, "How do I find joy in my life?" Mother said you have to have joy. He interrupted, thinking that she didn't understand the question, "Yes, but what I need to find is - joy". Kindly, she continued, "You must make **J.O.Y.** your priority in this order - Jesus, Others, and You - and only this order. Then you will find the spiritual joy you are looking for and the joy that God wants for you."

See the original post by Bishop Henry here - [goo.gl/u0iYVT](http://goo.gl/u0iYVT)

## Community Events

**March 1 - Living with Mental Illness: Powerful Strategies for Recovery**  
6:00 to 7:30 at the Clarion Hotel in Pembroke (please see attached flyer)

**March 7+ 8 – Barbara Coloroso is coming to Pembroke!** Please let parents in your community know about this exciting event (please see attached flyer)

**March 8 – International Women's Day**

## Joy in the Classroom

Follow [this link](#) to read about two examples of ways to create joyful attitudes toward learning, focusing on student-directed learning and "brain-compatible" activities. ([goo.gl/RAkSFN](http://goo.gl/RAkSFN))

## More Joyful Moments

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How can we open our students up to more joyful moments? Couldn't everyone use a little more joy in their lives?

Here is a list of the Top 5 ways to add Joy-filled moments:

- 5) **Simplify** – What do your children do that adds to the day but doesn't add value to time and relationships?
- 4) **Get Outside** – Even in winter the more we are outside, the better we feel
- 3) **Be creative** – children love to play - take time to get out empty boxes or play a game together to add moments of joy.
- 2) **Make friends** – None of us can go it alone and all of us can use more friends.
- 1) **Seek a personal relationship with God** – God is always knocking at our door.

Taken from <http://www.allprodad.com/10-ways-to-bring-joy-into-your-life/>

### Mental Health Walk-in Clinics:

**Phoenix Centre** 613-735-2374  
Pembroke – Tue. 2-6pm  
Renfrew – Thurs. 2-6pm  
**Robbie Dean Centre** 613-433-4231  
Pembroke – Wed. 5-9pm  
Renfrew – Thurs. 5-9pm  
Petawawa – Tues. 1-5 pm  
Arnprior – Mon. 1-5 pm