



# Be kind to yourself and others

## Mental Illness Awareness Week & World Mental Health Day

October is an important time to think about our mental health. Mental Health Awareness Week is from October 6-12, and World Mental Health Day is on October 10.

In a world that may sometimes feels disconnected, kindness and compassion can help foster a sense of community and support. Whether it's being kind to yourself or others, small acts of compassion can have a profound impact on mental health.



# Here are some ways to be kind to yourself and others:

## Join local events

- Look for workshops or activities in your community.
- Volunteer to help spread the word about mental health.

## Learn and share

- Learn about mental health and how to spot when someone needs help.
- Share what you learn with friends and family.
- Visit the [CMHA Mental Health Week page](#) to learn how being kind connects us all.

## Take care of yourself

- Go for a walk: Enjoy the fresh air and clear your mind.
- Have coffee with a friend or loved one: Spend time talking and laughing.
- Relax: Do something you enjoy, like reading or listening to music.

## Be kind to others

- Send a nice message: Text or call someone to show you care.
- Help out: Offer to help someone with a task, like carrying groceries or lending an ear.
- Spend time together: Invite a friend or family member to go for a walk or grab a snack.

## How to prioritize yourself in a busy schedule:

You might be wondering how to find time to focus on your mental wellbeing when life gets busy. It's important to take care of yourself, even with a packed schedule.



Here are four simple steps to help you make your wellbeing a priority:

### 1. Schedule "me time"

Set aside at least 10-15 minutes each day just for you. This could be time to read, meditate, or simply relax.

### 2. Make a to-do list

Write down your tasks for the day and include one self-care activity on the list. Treat it like any other important task.

### 3. Say no when needed

It's okay to say no to extra commitments if you're feeling overwhelmed. Protect your time and energy.

### 4. Take short breaks

During work or school, take short breaks to stretch, breathe, or grab a healthy snack to refresh your mind.

**Mental health is just as important as physical health.  
Let's be kind to ourselves and others, and build a community  
where everyone feels supported.**

<sup>1</sup><https://www.camimh.ca/miaw>

## Crisis Support

If you or someone you know is struggling with mental health, it's important to seek help. Mental health challenges can be serious, and professional support can make a difference. For assistance, please consider reaching out to these Canadian resources:

- Canadian Mental Health Association (CMHA):
  - Visit [cmha.ca](https://www.cmha.ca) for information, support, and local resources.
- Crisis Services Canada:
  - Call 1-833-456-4566 or text 45645 for immediate help.
- Kids Help Phone:
  - For youth support, call 1-800-668-6868 or text CONNECT to 686868.



# All about pickleball

The rules are simple to follow, the equipment is easy to come by and you can play on a modified tennis court, at an indoor rec center, on a driveway and more.

Though it feels like a new sport, it was created in 1965 by three dads in Washington state. With not enough badminton rackets to go around, they had their kids use table tennis paddles and a perforated ball on the court. That was the start of pickleball.<sup>1</sup>

## What is pickleball?

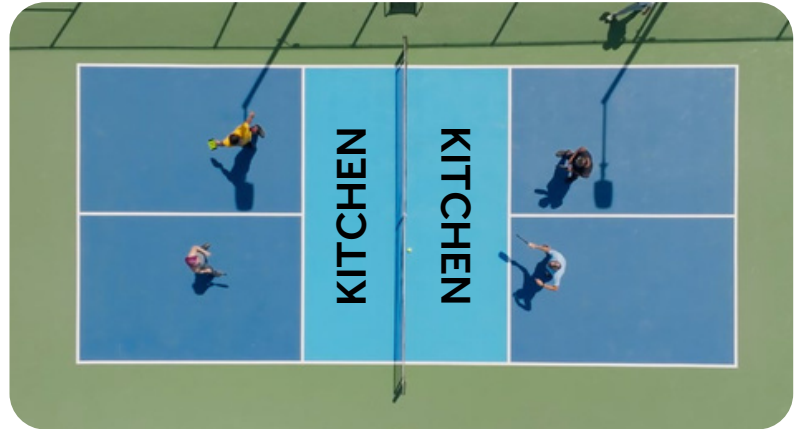
Pickleball is a paddle sport. It combines elements of table tennis, badminton and tennis. To simplify it—you hit the ball over the net and score points when your opponent makes errors.

The name comes from “pickle” boats in rowing. Pickle boat crews are made up of leftovers from other rowing teams. It’s not unlike how pickleball combines elements of other sports.



## How do you play?

- Most play pickleball in doubles.
- The ball is served underhanded.
- The serve and return must bounce before being hit.
- The “kitchen” is a non-volley zone. Stay out!
- Play until one team reaches 11 with a two-point lead.



## What do you need?

- A court: There are dedicated pickleball courts, tennis courts that are modified, indoor recreation centers or any space with room to set up a 20x44-foot court.
- Pickleballs and a paddle: Paddles can be purchased for around \$20 or borrowed from recreation and senior centers.
- No uniform: Wear comfy clothes you can move in and well-fitting sneakers.

## Why should you play?

It's great for all ages. It's one of the most inclusive sports out there. You can be young, old, any size or level of fitness and excel at this game.

**Plus, pickleball is fun.**



**Now grab a fun-loving friend or relative and hit the courts!**

**Always remember to consult with a trained medical professional before starting a new exercise routine.**



## Drink this to feel better

Try as you might to stay healthy, avoiding a cold or other illnesses in the cooler weather feels like an impossibility.

When you're under the weather, feeling better is the priority. It is important to stay hydrated, especially if you have a fever or are breathing out of your mouth because you're congested.

### Dehydration could make your illness worse.

Some consequences of dehydration include:

- Headache
- Fatigue
- Dizziness
- Electrolyte imbalances
- Kidney issues
- Shock and more

### Did you know?

Up to  
**78%**

of your body is  
made of water. <sup>1</sup>



## The best source of hydration when you're sick is water.

Jazz it up with a slice of fruit or a sprig of an herb for a little taste. If you're looking for variety, consider:

### Green or herbal tea

Opt for decaffeinated where possible.

### Bone broth

Either prepared or homemade, it gives you some nutrients, including protein.

### Frozen melon, berries, or fruit bars

They feel cooling if you're feverish and can help soothe a sore throat.

### Coconut water

It's refreshing and full of electrolytes.

### Tomato or vegetable juice

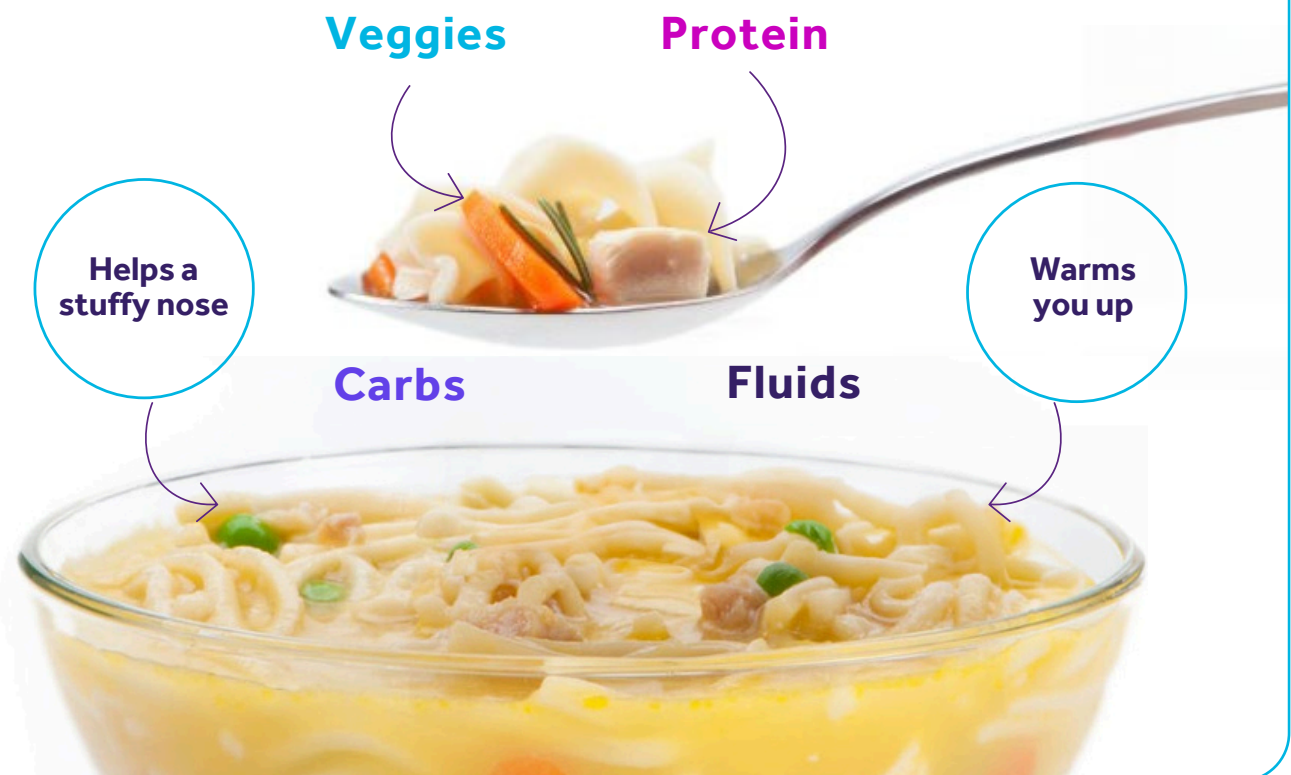
Choose a low-sodium option and enjoy the vitamins.

### Diluted fruit juice

Mix water with your favourite 100% fruit juice for a light, refreshing taste.

It's a good idea to consume beverages throughout the day. Drink with each meal if you're up for eating. Sip between meals and whenever you feel thirsty.

If you feel well enough to eat, chicken noodle soup is a great choice.





## Classic chicken noodle soup

To make **gluten-free** soup, substitute 6 ounces of rice noodles for egg noodles and reduce your cooking time to 6 minutes or when the noodles are tender. To make **vegan soup**, use low-sodium vegetable broth instead of chicken broth, sub in 1 cup of cubed firm tofu instead of chicken and use 6 ounces of plain, not egg, noodles or even rice noodles.

**Makes 6 servings | Prep: 10 min | Cook time: 35 min**

### Ingredients

- 1 teaspoon olive oil
- ½ cup minced onion
- ½ cup diced carrots
- ½ cup sliced celery
- 2 garlic cloves, crushed
- 2 tablespoons cornstarch
- ¼ teaspoon dried oregano
- 1 bay leaf
- 3 cups reduced-sodium chicken broth
- 1 cup chopped cooked chicken breast
- 6 ounces medium egg noodles, uncooked
- Black pepper to taste

### Preparation

In a large saucepan over medium heat, heat the olive oil. Add onion, carrots, celery and garlic. Sauté until tender, about 5 to 6 minutes. Sprinkle the cornstarch and dried oregano over the vegetables and stir to combine. Cook for 1 minute. Stir in chicken broth and bay leaf. Bring to a boil and reduce heat. Simmer, covered, for 20 minutes. Add chicken and noodles. Cook, covered, for another 10 minutes or until the noodles are tender. Discard the bay leaf. Add black pepper to taste.

### Nutrition information | Serving size: 1 cup



Calories: 117 | Total fat: 3 g | Saturated fat: 1 g | Sodium: 69 mg | Cholesterol: 28 mg  
Total carbs: 13 g | Fiber: 1 g | Sugars: 2 g | Protein: 9 g | Potassium: 92 mg



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