



LONDON NORTH ROTARY CLUB: ORACLE VOL 41 ISSUE 34 MARCH 21, 18

WELCOME ALL

President Doug welcomed us all: a group of 11 regular Rotary members with our familiar guest Pat. East Kitchen Party is being actively organized: 300 people have registered so far. Beer is available in designated beer stores.



Tonight guest is Lea Wilson of Heart and Stroke.

REGRETS

Regrets were received from Ken, Mary Margaret.

We rejoiced to have Bill back after a lovely stay in the South.

HAPPY BUCKS

\$ 2 from Don: he has started a kind of tango dance.

\$4 from Lin: Spring is here.

\$ 2 from John: The Federal Government had made it possible for him to collect fees from clients benefitting from his accounting services.

\$5 from Bill: rejoicing to be back.

\$2 from a member (sorry I forgot who) who is happy to be there.

\$10 from Doug: his granddaughter's team won Ontario curling championship.

ANNOUNCEMENTS

Mary Margaret is very active with the Project Flowers for Polio eradication. She is in touch with businesses. She has orders from London South Rotary Club. She will be at Paul Harris Recognition Dinner.

TALK BY OUR GUEST LEA WILSON



Arun briefly our guest speaker. From the start, she announced that the talk would be fairly casual.

She wants to address the topic of **COPING WITH STRESS.**

She started with a STRESS TEST. We answered questions to find out our Stress Index.



It was mentioned that $\frac{1}{4}$ of Canadians experience some degree of stress. Stress constitute a real danger to health: diabetes, stroke, obesity...

There is a number of stressors easily summed up in the encompassing term: the cycle of life. stress are easily observed. Listen to your own great scheme of things.

with it through various coping techniques.

And bodily responses to body and see things in a

Once you recognize it, deal

3 TYPES OF COPING TECHNIQUES

A. PHYSICAL & BEHAVIOURAL

Get enough sleep. Practice deep breathing. Exercise.

B. COGNITIVE & MENTAL

Meditate. Engage into problem-solving. Seek help.

C. PERSONAL & SOCIAL

Enjoy the company of friends and family members. Pursue hobbies and personal interests.

It is crucial to find out what works for you: nature, walks, spirituality. And you will be the best you can be.

Two bookmarks to remind us how to capture stress signs and add years to our life were handed out.

A rich conversation followed in the form of questions and comments.

Lea was invited to do the wine draw: Kevin won it.

President Doug proceeded to thank our speaker. He gave her a Polio Certificate.



CALENDAR

- Mar 22: Shaya Dhinsa: MLHU London’s Opioid crisis

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