



7 Days of Striking Out Stigma

September 9th – 15th, 2018

Calgary Rotaract invites ALL Rotarians, family and friends to participate in a week of Striking Out Stigma during World Suicide Prevention Week. During this time, we remember those whom suicide has impacted and to increase awareness about this devastating issue.

1 in 4 of us are living with a mental illness. We want to recognize mental illness, educate about the causes, and strike out stigma. Let's start a dialogue, talk about our experiences, and encourage those who are affected to seek help. Mental illnesses are a sickness, not a weakness.

Mental wellness means having balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process and everyone's personal balance is unique. We aim to give you tools to stay mentally healthy by helping you find and keep that balance.

We encourage everyone to take 10 minutes out of their day to participate in Daily Self-Care Activities and to join us for workshops & events around the city, designed to strengthen the connection within ourselves, to others, and throughout our communities.

Together, we can strike out stigma and promote mental wellness.

Schedule – September						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Keep In Touch	10 Send a Note of Gratitude	11 Mental Health Crossword	12 Watch a TED Talk	13 Coloring Page	14 Random Act of Kindness	15 Do Something You're Good At
Community Day at Rotary Challenger Park 10 am – 12 pm	World Suicide Prevention Day: Light a Candle at 8 pm	Nutrition 101 : Calgary Rotaract Facebook LIVE at 3pm	safeTALK: Suicide Awareness 1 pm – 4:30 pm https://bit.ly/2v1LzRz	Evening of Discussion: Sheldon Kennedy Movie 6 pm – 8:30 pm	Social Happy Hour at Prairie Dog Brewing 5 pm – 7 pm	Yoga for All Levels 3 pm – 4 pm



Day 1 of Striking Out Stigma

Sunday, September 9th, 2018

Keep in Touch

Strong family relationships and supportive friends can help you deal with the stresses of life. Friends and family can make you feel included and cared for and supported through all the good and bad times. Most importantly, you offer the same support to them.

There's nothing better than catching up with someone face to face, but that's not always possible. It's easy to feel out of touch with friends and family that you don't see every day. Give them a call or drop them a note and start a chat with someone you haven't reached out to in awhile.

Community Day (Sponsored by Calgary Rotaract & Rotary Club of Calgary East)

Who: Everyone is Welcome (<http://bit.ly/2OOWRko>)

Where: Rotary Challenger Park Plaza and Track – 3688 48th Ave NE

When: 10 am – 12 pm

Activity Schedule:

** Complimentary pancake breakfast and all the fixings for the first 200 people **

10 am – Capture the Flag

10:30 am – 11:30 am – Stretching and Meditation lead by Katherine

11 am – 12 pm – Drop In Soccer

Katherine is a business student at Mount Royal University and is a certified yoga instructor. She obtained her yoga certification in India 5 years ago and received training in Insight Meditation from Spirit Rock Meditation centre in San Francisco. Katherine is passionate about helping people reduce their anxiety levels and live more at ease using meditation and mindfulness and has lead many meditation groups at her university in order to help students with stress.

This guided meditation session will consist of light stretching for the first 15 minutes, and a guided mindfulness meditation for the last 30 minutes. The meditation will be geared towards stress and anxiety reduction and will help people to let go of any tension they are holding onto. We will use a combination of breath work and relaxation of key areas, allowing us to completely unwind and become present with our bodies and minds.

Day 2 of Striking Out Stigma

Monday, September 10th, 2018

Note of Gratitude

Written expressions of gratitude are linked to increased happiness. Brighten someone's day on this Monday morning by letting them know why you appreciate them.

World Suicide Prevention Day

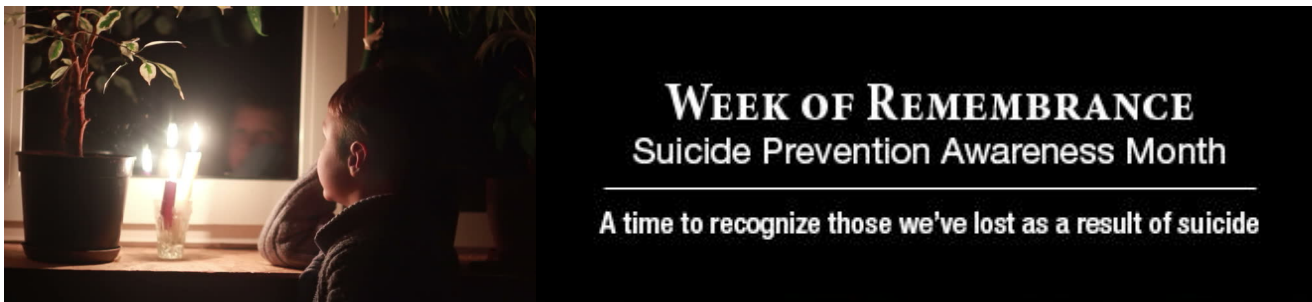
What if taking action meant saving a life?

Action Item:

Take 5 to Save Lives - <https://www.take5tosavelives.org/>

- 1) Learn the Signs – Take a few minutes to learn the warning signs of suicide
- 2) Do Your Part – Everyone has a role in preventing suicide
- 3) Practice Self – Care – Make mental wellness a priority in your life
- 4) Reach Out – Help is available and recovery is possible
- 5) Spread the Word – Tell 5 people about Take 5

Light a Candle Near a Window at **8 pm** or Change Your Social Media Profile Picture to a Candle (<http://goo.gl/GL0cs>)



Day 3 of Striking Out Stigma

Tuesday, September 11th, 2018

Mental Health Crossword

Take a few minutes out of your day and learn something new.

Learn about the terminology that's used and when and where it should be used.

Click on the link and work on the mental health and addiction crossword puzzle: <http://bit.ly/2L8AgwN>

Nutrition 101

Join us and Deb Hymers on Calgary Rotaract's Facebook page at 3 pm LIVE and learn more about how good nutritional habits can promote mental wellness, and what healthy daily choices are. Feel free to leave us a question in the comment section during the LIVE video feed, we will be happy to answer them!

Deb Hymers has been an educator for 27 years and created NSTEP in 2002. She uses her knowledge, and experience in education and program development to train others to deliver NSTEP EAT WALK LIVE in their communities. Deb uses her endless energy and drive to lead a team of individuals passionate about improving children's health. Her and her leadership team work collectively and collaboratively to improve the health of today's children, tomorrow's adults.

Link: <https://www.facebook.com/CalgaryRotaract/>



Day 4 of Striking Out Stigma

Wednesday, September 12th, 2018

Watch a TED talk

Take a look at some of these videos on this curated playlist and listen to each speaker's stories. Hear about their struggles with depression, schizophrenia, PTSD, among many others as too often, these experiences stay private. These brave, honest and powerful talks will shatter preconceived notions about mental illness and help strike out stigma. Let's end the silence and learn about ways to open up, talk about it, and seek help – as well as ways to offer it.

Videos courtesy of TED talks: <http://bit.ly/2MENPcj>

safeTALK: Suicide Awareness

Workshop hosted by Centre for Suicide Awareness. Equip yourself to respond to a person at risk by learning warning signs indicating risk of suicide. This workshop emphasizes the importance of recognizing the signs, communicating with the person at risk and getting help or resources for the person at risk.

Who: Signup - <https://bit.ly/2v1LzRz>

Where: Kahanoff Centre, 3rd Floor – 105 12 Ave SE

When: 1 – 4:30 pm



centre *for*
suicide prevention



Day 5 of Striking Out Stigma

Thursday, September 13th, 2018

Coloring Page

“Coloring is a great way to introduce yourself to the concept of mindfulness.” – Tiddy Rowan

Take a look at how coloring books that are taking over bookstore shelves are helping adults beat stress and anxiety: <http://bit.ly/2OQ1BGF>

Now give it a try by printing off a mandala: <https://printmandala.com/>

Or, pick up a Colouring It Forward coloring book and discover Northern Dene Nation Art & Wisdom: <https://amzn.to/2MBBuW9>

** Bonus: Part of the proceeds from the book goes towards community projects for First Nations people

Evening of Discussion: “The Sheldon Kennedy Story” (Sponsored by Dan & Marlene Doherty and Sheldon Kennedy Child Advocacy Centre)

Dan and Marlene Doherty, Sheldon Kennedy Child Advocacy Centre and Calgary Rotaract presents "The Sheldon Kennedy Story" followed by an evening of discussion at the Globe Cinema. Doors open at 6 pm. Movie starts at 6:15 pm.

This movie tells the true story of NHL hockey player Sheldon Kennedy who, with the love of his wife Jana, found the courage to expose the sexual abuse he suffered at the hands of his junior hockey coach. This is a movie about hope and healing. By going public with his story, Sheldon stuns the hockey community and his story reverberates around the world. Sheldon's courageous revelation has changed public perception of abuse and forced the hockey world to re-examine its practices, protecting today's children from the situation a young Sheldon was in.

Following the movie, there will be a panel discussion with professionals speaking out on child abuse and ways to protect today's children, as well as resources available to victims.

Who: Everyone is Welcome, Free to Attend (RSVP: <http://bit.ly/2Btsjms>)

Where: Globe Cinema Theatre – 617 8th Ave SW

When: Doors Open – 6 pm, Movie Starts – 6:15 pm

Day 6 of Striking Out Stigma

Friday, September 14th, 2018

Random Act of Kindness

Small acts of kindness can brighten someone's day and make a difference in someone's life. As you go about your day today, extend love, compassion and kindness to all those around you. You have the power to change someone's life for the better.

What will your first random act of kindness be?

Social Hour – Happy Hour

(Hosted by Calgary Rotaract & Rotary Club of Calgary West After Hour's Club)

TGIF! Sometimes the best cure to a long stressful week is some friendly company!
Bring your friends and family and join us for some happy hour drinks and some BBQ grub!

Who: Everyone is Welcome (RSVPs: president@calgaryrotaract.com)

Where: Prairie Dog Brewing – 105D 58th Ave SE

When: 5 pm – 7 pm



Day 7 of Striking Out Stigma

Saturday, September 15th, 2018

Do Something You're Good At

What do you love doing? What activities can you immerse yourself in? What did you love doing in the past?

Enjoying yourself helps beat stress. Doing an activity you enjoy helps you achieve something, which in turn boosts your self-esteem. Concentrating on any hobby you enjoy like gardening or a crossword or baking can help you forget your worries, de-stress and increase your happiness.

Yoga (Sponsored by Calgary Rotaract)

Come de-stress as we move through yoga poses and concentrate on mindful breathing. Yogi's of all skill levels welcome.

Who: Everyone is Welcome (You MUST RSVP: president@calgaryrotaract.com) limited spaces available

Where: Location TBD, will be emailed out.

When: 10 am – 11 am

Cost: By donation, or non-perishable food item for Food Bank

