A Little Self-Kindness Goes a Long Way

Whether you are about to start a new project, meet somebody for coffee, try a new activity or talk with someone that you don’t easily get along with, your self-talk can have a significant influence on your feelings, behaviours and, ultimately, the outcome of these activities.

A neuropsychologist named Donald Hebb once said that neurons that fire together wire together. Research has shown that the human brain has a tendency to pay more attention to a negative experience than a positive one. As such, our thinking can often be negative. Practicing self-compassion, that is, treating yourself like someone you care about, with encouragement, kindness and warmth can reduce this tendency while increasing motivation, reducing stress and decreasing fear of failure.

March is Social Work and Nutrition Month!

Dietitians are the trusted choice for reliable life-changing nutrition advice that helps people manage their chronic condition(s). Our Social Workers facilitate emotional wellness classes which provide tools and strategies to enhance coping and better manage life’s challenges. The Alberta Healthy Living Program (AHLP) has 15 Dietitians and 2 Social Workers to help you live a healthier and more fulfilling tomorrow.

To help you with this practice, our Social Workers are offering a 2 ½ hour class called Try a Little Self-Kindness. This class explores the connection between our thoughts, our feelings and our behaviours, and will help you find ways to address and reduce the impact of negative self-talk and treat yourself with kindness. See our online course catalogue to register.

Are you or a loved one living with long COVID symptoms? These classes can help.

The Alberta Healthy Living Program offers 5 health education classes about how to cope with symptoms like muscle aches and pains, shortness of breath, loss of taste and smell, stress and brain fog after testing positive for COVID-19. These classes are open to adults living anywhere in Alberta. For more information or to register, please see our course catalogue.

Upcoming phone-in Classes

Eating Well for Fatty Liver Disease
Thu Mar 10 from 10:30 a.m. – 11:30 a.m.

Eating Well for Weight and Health – Part 1
Fri Mar 11 from 6 p.m. – 7 p.m.

Heart Health: Dietitian Q&A
Wed Mar 11 from 1 p.m. – 3 p.m.

Upcoming classes in Cantonese, Mandarin and Punjabi

Cantonese:
Tips for Eating: Prediabetes & Diabetes
Thu Mar 17 from 9:30 a.m. – 11:30 a.m.

Eating Well for Good Health
Fri Mar 18 from 10:30 a.m. – 11:30 a.m.

Mandarin:
Heart Healthy Eating
Thu Mar 31 from 10 a.m. – noon

Punjabi:
Heart Healthy Eating
Tue Mar 8 from 10:30 a.m. – 12:30 p.m.

Tips for Eating: Prediabetes & Diabetes
Tue Mar 8 from 1:30 p.m. – 3:30 p.m.

For more information, phone our Cantonese and Mandarin line at 403-955-6857 or our Hindi and Punjabi line at 403-955-6856.

For more information, call 403-943-2584 or visit our website at www.ahs.ca/ahlp Calgary Zone
AHLP Program Updates
Eating Well & Staying Healthy
Updates on our Zoom-based Health Education and Nutrition classes
We offer Zoom-based health and nutrition information on a variety of different topics.

Featured classes for March 2022 include:

Chronic Conditions
Arthritis - An Introduction to Osteoarthritis
Wed Mar 2 from 1 p.m. – 2:45 p.m. or Wed Mar 30 from 10 a.m. – 11:45 a.m.

BCBH® - Chronic Disease
Wed Mar 23, 30, Apr 6, 13, 20 & 27 from 9:30 a.m. – noon; or Thu Apr 7, 14, 21, 28, May 5 & 12 from 9:30 a.m. – noon

Chronic Pain
BCBH® - Chronic Pain
Tue Mar 1, 8, 15, 22, 29 & Apr 5 from 1 p.m. – 3:30 p.m.; or Tue Apr 5, 12, 19, 26, May 3 & 10 from 9:30 a.m. – noon

Utilizing Plant Power to Fulfill Your Protein Needs
We all need high protein foods to stay strong and build our muscle mass. Meat is a common source of protein but with food prices on the rise there are more affordable options. High protein foods that come from plants are healthy and they are easier on the wallet. Plant based protein foods are high in protein, fibre and vitamins/minerals as well as low in harmful fats.

Making plant based proteins a part of your diet can help to manage weight, chronic conditions, and overall health.

Some simple ways of adding plant-based protein to your diet include:

- Adding nuts, hemp seed hearts, flax seed, and wheat germ to cereals or yogurt.
- Pureeing lentils and add to soups, stews, and sauces
- Adding soft tofu to a blended soup to make it thicker and creamier
- Trying a bean salad, lentil and rice pilaf or a bowl of vegetable chili for lunch
- Choosing hummus as a sauce for sandwiches and wraps

Learn more about cooking plant based proteins at a dietitian led class; The 4 P’s for Meal Planning – Cooking Edition (offered out of the South Health Campus Wellness Centre) or Eating Well for Good Health.

For a full list of our health education classes, see our course catalogue.

Accessing our Registered Dietitians
Our registered dietitians are available for one-on-one telephone appointments. If we offer a class on a nutrition-related concern, we require that you attend the class before scheduling an appointment. There are no costs associated with our dietitian counselling.

Do I need a Referral?
You do not need a referral from a healthcare provider to access our programming. Call 403-943-2584 for more information.