

WFI NEWSLETTER

“Working for you to make your lives better”

National Service Dogs Visits WFI Committee

MFES’ application for a therapy dog through National Service Dogs has been submitted & approved. Stay tuned for more details coming soon!



Michael Landsberg talks Mental Health at MFES

On October 4, 2018, media personality Michael Landsberg gave Mississauga Fire an inspiring presentation on his battle with depression and spoke about fighting for your happiness. You can see Michael’s daily mental health video blogs at sicknotweak.com



2018 Fall Recruit Class Physical Training (PT)

Start 2019 on the right foot!

By Dr. Allan Rosenfeld

Another year and resolutions abound. But what’s sustainable? Remember all changes in behaviour take at least 3 months to become habits, and often small changes to can eventually lead to significant health benefits! Here are 4 suggestions for 2019 that could only help improve the quality (and likely quantity of your life)

- 1. Try not eating anything 3 hours before going to bed.** You can have water or decaffeinated herbal tea but nothing else. Upon awaking, have a big glass of water and wait an hour to have breakfast. Recent research is indicating that 12 hours of “fasting” has very significant positive health implications for weight, blood sugar and quality of sleep.





Welcome Gary Pike!

The MFES WFI steering committee is pleased to welcome Gary Pike as our new EFAP Liaison. Gary has assumed Dave Smith's vacated position on the committee when Dave committed to being the MFES WFI Peer Team co-ordinator. We look forward to working with you Gary!

ABOVE: Peer Team co-ordinator Dave Smith (L) with new EFAP Liaison Gary Pike (R)

Financial Support

Is the arrival of Christmas bills causing you worry? Remember we have access to free financial support services at EFAP (1.844.880.9142). This includes access to an interactive online financial planning tool or confidential in-person or telephonic professional consultations.

DYK? We are on Instagram!
follow @mfeswfi



Instagram

2. Try not to use electronics one hour before bed and if you do, use blue light glasses or make sure the night shift is turned on with device you are using. Electronic lighting impacts secretion of melatonin which is needed to both fall asleep and maintain a deep sleep. Blue light glasses can be purchased at electronic stores such as Best Buy.

3. Consider meditation as a form of relaxation training and to help with sleep initiation and maintenance. There are apps available that are guided and very simple to use for as little as 10 minutes per day. I would suggest the CALM app or if you're really keen, MUSE, a headband biofeedback tool for meditation. People think that meditation requires long periods of time commitment on a daily basis, but you really only need to do it 10 minutes per day to gain the benefits.

4. Finally, eat like the Mediterranean! This is a diet high in healthy fats, plant based protein, fibre and complex carbohydrates. This diet consistently is associated with reduced mortality from all diseases!

MFES Partners with Wounded Warriors Canada



On September 29, 2018, MFES, LI212 and Wounded Warriors Canada entered into a partnership to provide an additional layer of mental health support for our Mississauga Fire family. #InThisTogether

