

COMMUNICATION & EDUCATION

Winter 2008 Update

“Love and work are the cornerstones of our Humanness” Sigmund Freud

I am writing this report on February 29th, our extra day of the year for the leap year. It is really nice to have an extra day when you think about it, even if it is in February!

Since the fall our region has been quite busy connecting with members in different ways so that everyone has a chance to access their rights.

At the beginning of October the province put on the fall education, and we learned about leadership, diversity and inclusion, and had an update on the “conversation on health.”

For the last year the executive and stewards have committed to meeting with the membership by getting out to the workplace with walkabouts and Long Term Care road shows. On October 30th Diane and I met with many nurses in Children’s with our Halloween decorated walkabout cart. Nurses welcomed the treats and pens along with the information. The walkabouts are now happening on a regular basis, so if you work at C&W watch out for the stewards who come to see you!

In November, Melissa, from our executive joined me for the BUS workshop. Members learned about their union and their rights, and several people went on to become stewards. We are looking forward to our next BUS on March 20th.

January saw the start of Canadian Labour Congress annual winter school. A group from our region was able to attend a one week session in Harrison for various classes workers from other unions all over British Columbia.

February saw the inaugural Nurses Union Brown Bag drop in for C&W. It was held in the Shaughnessy auditorium. Very popular was the free massages, but everyone took away the importance of caring for ourselves in order to care for others. To everyone who “dropped in” we were happy to share information on Toxins in our Environment, mental health and much more.

I was privileged to attend the Bottom Line Conference on mental health February 20th and 21st. You can take a look at the links I have added on resources for mental health. I took back lots of resources as well but one of the newest you can take a look at online, “Antidepressant Skills at Work.” As well here are ten tips that I have learned about for mental health;

1. Build a healthy self-esteem
2. Eat well and keep fit
3. Create positive family relationships
4. Make friends who count
5. Create a meaningful budget
6. Get involved/volunteer
7. Manage stress effectively
8. Learn to cope with changes that affect you
9. Identify and deal with your moods
10. Find a spirituality to call your own

