

March Volume: An Overview

Thank you for subscribing to the YMHC newsletter. This volume includes information on YMHC events and activities, a March self-care calendar, a new recipe, a workout of the month, mental health resources + and more!

International Women's Day!

March 8 is International Women's Day. It's a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to raise awareness of the progress made towards achieving gender equality and the work remaining to be done.

The beginnings of International Women's Day can be traced back to the early twentieth century. It emerged from the activities of labour movements in North America and Europe and reflected a growing call for women's equal participation in society. International Women's Day first took place on March 19, 1911, in Austria, Denmark, Germany, and Switzerland. That day, over a million women and men attended public events to show their support. Other countries began to observe and celebrate this day in the years that followed. The United Nations recognized 1975 as International Women's Year and began celebrating March 8 as International Women's Day.

International Women's Day is a day of unity, celebration, reflection, advocacy, and action and is celebrated in many countries worldwide.

Welcome Spring!



Self-Care Tip

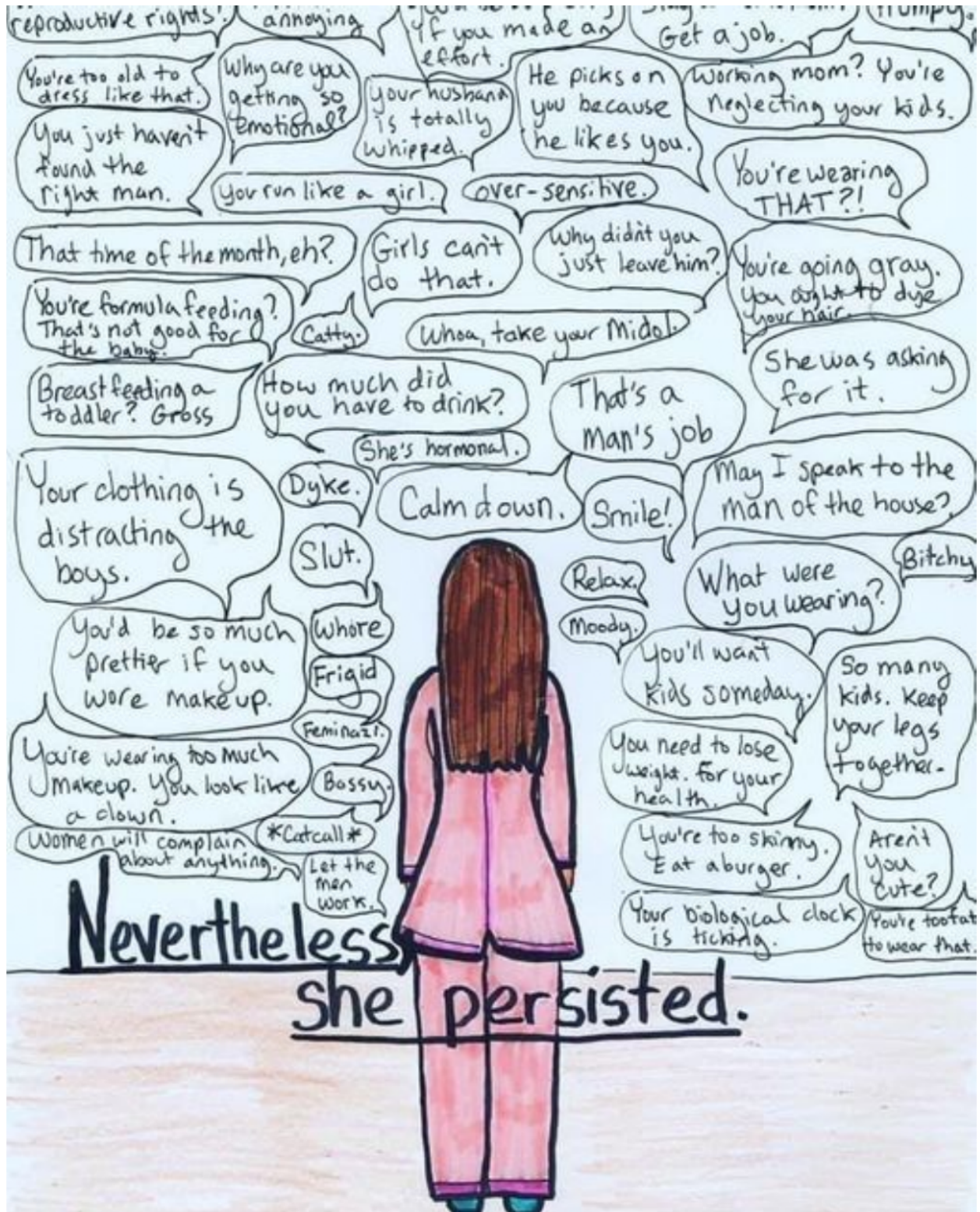
Practice Diaphragm Breathing

Calm and measured breathing can have immediate effects on your mental and physical state, whether the tension comes from the relentless news cycle or your ever-present housemates. Do your breathing practice regularly to start or finish your day in a positive way, or try it in a moment when you need a little more zen.



The YMHC newsletter was produced by Chelsea, Sheryl, Jim, and Tracey.

International Women's Day: March 8



March Resource Special



Print / Digital Fillable / Photocopiable



Print / Digital Fillable / Photocopiable



Print / Digital Fillable / Photocopiable



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**Buy-One-
Give-One**

Purchase one YMHC print book in January and a book will be donated to an Indigenous community organization



**Save \$100 with
Bulk Orders of
20 Workbooks**

Purchase 20 print copies of any workbook or guidebook and save \$100.

ymhc.ngo/workbooks



Personal Wellness Toolkit


What are you going to put in your personal wellness toolkit?



Create your personal wellness toolkit today!

1. Choose a book.
2. Add a tote bag.




FREE gift valued at \$20 when you purchase over \$50.

ymhc.ngo/pwt



YMHC Mental Health Resource Subscription Service

IDEAL FOR ...



Subscriber-Only Perks: Free weekly downloads of activities

Ideal for families, educators & mental health professionals. Activities include a self-care calendar and mental wellness planner, healthy recipes, workouts, fun activities, and worksheets.



Subscriber-Only Perks: Free monthly workshop on a wide range of topics related to mental health and wellness

YMHC Mental Health Resource Subscription Service is ideal for families, educators & mental health professionals. You will receive weekly downloads of activities. Activities include a self-care calendar and mental wellness planner, healthy recipes, workouts, fun activities, and worksheets. We will also hold monthly workshops on a wide range of topics related to mental health and wellness.



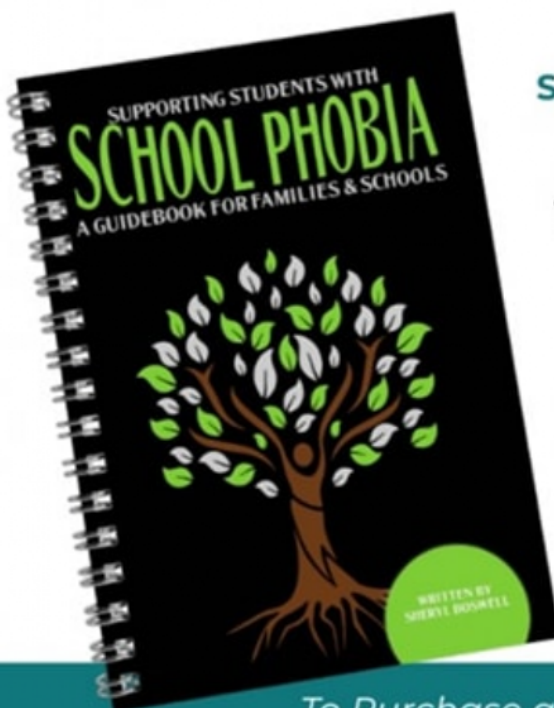
ymhc.ngo/membership



Supporting Students with School Phobia

School phobia is a complex mental health disability. There are many challenges for the student, family and school. The more time a student is away from school, the more difficult it is for them to resume normal school life.

YMHC has developed resources and tools to support students, families, schools, and mental health professionals. Our 20 years of experience working on school-induced mental health challenges and disabilities provides the much-needed authenticity, expertise, and leadership to the field of child and youth mental health and suicide prevention.



Make Hope Happen with **Supporting Students with School Phobia: A Guidebook for Families & Schools.**

This amazing tool and resource covers:

- Understanding School Phobia
- Support Strategies
- A Mental Wellness Action Plan
- Trauma-Informed Approaches
- A Whole School Approach
- Possible Educational Accommodations

Available for Purchase in English or French,
Printed, Digital Fillable & Photocopiable

*To Purchase a Copy, Book a Workshop or
Trainina Course or to Learn More. Visit :*

<https://schoolphobia.ymhc.ngo>

WORKOUT OF THE MONTH



Have you ever wanted to try using kettlebells, but weren't sure where to start? Here is a beginner full body circuit using only a kettlebell and a mat. After a cardio warm up, do 10 reps of each exercise, then repeat the circuit twice more.

1. Goblet Squat



2. Alternating Curls



3. KB Swing



4. Overhead Press



5. Alternating Side Lunges



6. OH hold with Lunge



7. Seated Twist



8. Dead Bug



9. Plank Pull Through



Write On: Journal Writing Benefits

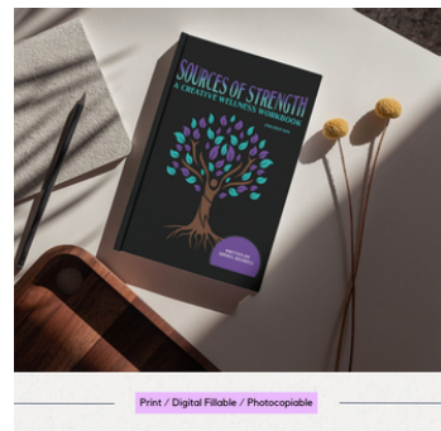
BENEFITS

- Expressing thoughts, learnings, and feelings
- Expanding creative skills
- Managing and reducing stress, anxiety, and depression
- Processing and releasing emotions.
- Increasing self and emotional awareness
- Decreasing negative thoughts and feelings

BENEFITS

There is no right or wrong way to journal; simply sit down and write. However, there are guidelines. The primary one is do what works.

 www.ymhc.ngo/workbooks



YMHC has 3 creative journal workbooks!

THAI LIME CHICKEN SKEWERS

These are Thai inspired lime skewers, a great savoury recipe to try this month.



@freshandflavourful

Ingredients

2 kg chicken breast, cut into strips
2-3 limes, cut into wedges
1/3 cup cilantro, chopped
25 wooden skewers

Marinade:

1/4 cup coconut milk
1/3 cup soy sauce
1/3 cup cilantro, chopped
1/3 cup olive oil
2 tbsp garlic powder
1 tbsp smoked paprika
1/2 tbsp salt
1/4 cup lime juice



Directions

Marinate (at least 1 hour, overnight is best):

1. Add marinade ingredients into a large bowl.
2. Slice each chicken breast into 3 strips and add to bowl. Mix.
3. Cover and refrigerate overnight.

Ensemble:

1. Preheat BBQ to medium high.
2. If using wooden skewers, soak in water for at least 30 minutes
3. Thread marinated chicken evenly on skewers. Place on BBQ, turning to cook both sides until golden brown and cooked through.
4. Sprinkle with cilantro and squeeze fresh lime juice on top (optional).

Makes 25 skewers

Did you make this
recipe? Post it on social
media and tag us!



MARCH 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

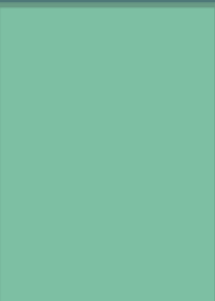
Saturday

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Easter Sunday

3



March is Social Workers Month & Women's History Month



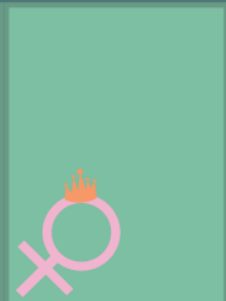
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Try breathing exercises



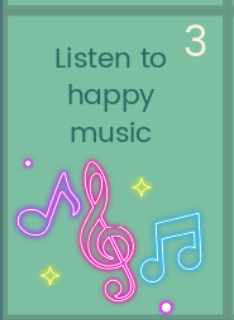
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Dance it out, look up a dance class online



3

Listen to happy music



4

Read a self-improvement book



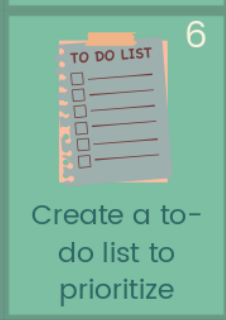
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Set boundaries



6

Create a to-do list to prioritize



7

Leg go of negativity



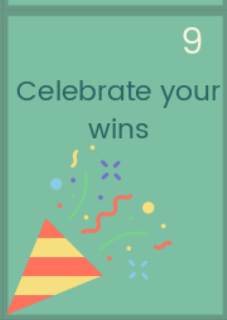
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International Women's Day



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Celebrate your wins



10

Daylight Saving-Spring forward



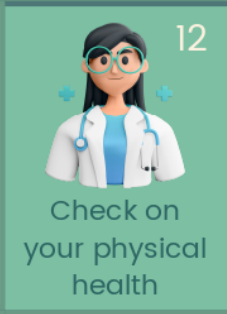
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Join a support group



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Check on your physical health



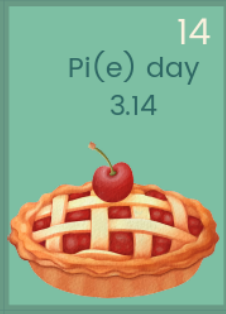
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Laugh purposefully



14

Pi(e) day 3.14



15

Compliment someone



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Catch up with friends



17

St. Patrick's Day



18

Practice forgiveness



19

Earth day Plan an eco-friendly activity



20

Spend time in the sunshine



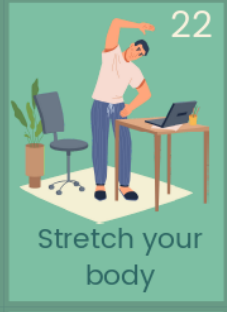
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Plan out your garden



22

Stretch your body



23

Declutter your wardrobe



24

Take a nap/relax



25

Learn about your mental health



26

Make a vision board



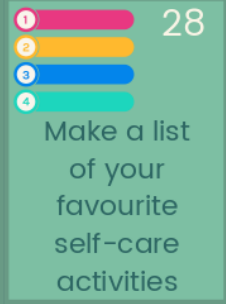
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Watch a TedTalk



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Make a list of your favourite self-care activities



29

Good Friday



30

Easter bunny visits tonight





YMHC

Youth Mental Health Canada

Supporting Youth Mental Health Change in Canada

YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family, and community engagement for mental health education, support, advocacy, hope, and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health support, services and educational accommodations for students and direct funding to families to support young people with chronic mental health disabilities.



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