

The Heart and Stroke Foundation of Canada suggests following these three guidelines to help get rid of stress daily:

1. Just say no

Before you can look after anyone else's needs, you have to make sure you're looking out for yourself. It's important not to over commit. Instead of becoming overwhelmed by trying to please everyone, it's best to recognize your own limitations. This way you can mitigate any feelings of guilt you may have for not being able to make all of your commitments as well as the stress you put yourself through trying to live up to unrealistic expectations.



2. Take action daily

Though this advice may seem counterintuitive to point number one, it's not. Putting things off, whether it's work that needs to get done or a decision that needs to be made, is stress-inducing. Checking things off your list, no matter how small, is satisfying and productive. It'll help you build confidence, reduce anxiety and develop healthy patterns.

3. Ask for help

Remember that it's okay – and much of the time necessary – to ask for help. Whether it's confiding in a friend, getting help with a project or talking to a counsellor or psychologist, a little help can go a long way. It's important to note that if going at something alone is overwhelming, we can reach out for help.

OPTIONAL LIFE BENEFITS

If you're considering getting extra Life Insurance for you and your spouse, why not take advantage of the Optional Life Insurance that's provided under your MCSGS Group Benefits Plan. This added benefit is relatively inexpensive and is rated based on your age and gender. You can purchase Optional Life coverage in units of \$10,000 to a maximum of \$200,000 or to a maximum of \$600,000 combined with your current Group Life Insurance. Evidence of Insurability is required for Optional Life, which, at your convenience will be set up by MB Blue Cross.

If you wish to take advantage of this benefit, ask your Plan Administrator for a Blue Cross Change form. If you would like additional information on Optional Life, call us at SWOB Group Benefit. We are always happy to help.

"Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Be Patient. The Storm will pass. The Spring will come."



**THE "GB & J"
GROUP BENEFITS AND JUST FOR
INFO NEWS**

EAP UPDATE

The Blue Cross Employee Assistance Centre would like to remind their clients of the Addictions Management Program. Services include individual assessment for alcohol, drug, gambling, or other addictions. Group and Individual treatment, as well as group follow-up, is available. Training and workshops in the identification and treatment for employees with addiction issues are available.

For more information, call the Employee Assistance Centre at (204) 786-8880, TTY (204) 775-0586, toll free 1-800-590-5553 or you can visit the Blue Cross website at www.mb.bluecross.ca.

HAPPY ST. PATRICK'S DAY

**Lucky stars above you, Sunshine on your way,
Many friends to love you, Joy in work and play,
Laughter to outweigh each care, In your heart a song,
And gladness waiting everywhere,
all your whole life long.**

BENEFITS ADVISORY COMMITTEE

If you wish to talk directly to the Benefits Advisory Committee, you may do so courtesy of St. Paul's High School at the following email address: mcpensionandbenefit@stpauls.mb.ca

Your MCSGS Pension and Benefits Advisory Committee are listed below:

Chair & Employer Rep:	Gerry Ouellette
Employee Rep:	Jim Falloon
Employee Rep:	Laurie-Anne Regula
Employer Rep:	Michael Emslie
Employer Rep:	Geoff MacDonell
Employer Rep:	Cheidu Odiatu
Committee Advisor:	Shannon O'Brien

If you ever need to contact your Agent of Record, Shannon O'Brien of SWOB Group Benefits Inc., you can do so by calling his office at 204-488-7962 or you can always call Shannon directly on his cell phone at 204-792-4436. **"We are always here to help."**

YOU CAN DO IT!

Quitting can take time. The Government of Canada has a guide to help people do just that called *On the road to Quitting - Guide to becoming a non-smoker* – available in adult and young adult versions. The guide suggests aspiring quitters create action plans, following these eight steps:

- Write a clear statement describing why you want to stop smoking
- List your concerns about quitting
- Prepare for the symptoms of withdrawal
- Recognize the skills you already have to help you quit
- Identify your supports
- Identify your smoking patterns
- Decide how to change the things that remind you of your habit and set a quit date



To read more on quitting smoking go to <http://www.heartandstroke.ca/get-healthy/reduce-stress> and read the full article.

INTERESTING FACTS THAT WE ALL LOVE.

- ⇒ If you stop getting thirsty, you need to drink more water. For when a human body is dehydrated, its thirst mechanism shuts off.
- ⇒ Chewing gum while peeling onions will stop you from crying.
- ⇒ Every time you sneeze some of your brain cells die.
- ⇒ When you blush the lining of your stomach also turns red.
- ⇒ It cost 7 million dollars to build the Titanic and 200 million to make a film about it.
- ⇒ German Shepherds bite more humans than any other breed of dog.
- ⇒ Half of all identity thieves are either relatives, friends, or neighbors of their victims.
- ⇒ Avocados have more protein than any other fruit.
- ⇒ Venus is the only planet that rotates clockwise.



“The best preparation for tomorrow is doing your best today”.

“To succeed in life you need three things; a wish bone, a backbone and a funny bone.”

Q: Why can't you borrow money from a leprechaun?

A: Because they're always a little short.



MB BLUE CROSS ADVANTAGE

DID YOU KNOW.....that being a Manitoba Blue Cross member, you already had a leg up affording better wellness. Through Blue Advantage, the Blue Cross national discount program, you can save on medical, vision care and wellness services offered by participating providers across Canada. All you have to do is present your Blue Cross identification card to the participating provider and mention the Blue Advantage program.

So what are some of the health and wellness discounts you can expect simply for being a Manitoba Blue Cross member?

Anytime Fitness

15% off monthly membership fees (12 month & month to month)

Curves

50% off service fee

10% off monthly fee

Shapes

25% off basic annual agreement

All group fitness classes are included with your membership

Snap Fitness

10% off basic annual agreement

50% off enrollment

For more information on the Blue Cross Advantage program please visit www.blueadvantage.ca.

WHY DO YOU WEAR GREEN ON ST. PATRICKS DAY?

St. Patrick's revelers thought wearing green made one invisible to leprechauns, fairy creatures who would pinch anyone they could see (anyone not wearing green). People began pinching those who didn't wear green as a reminder that leprechauns would sneak up and pinch green-abstainers.



BLUE CROSS INTERNATIONAL TRAVEL ASSISTANCE!

In Canada or USA 1-866-601-2583

Outside of Canada & US 0-207-775-2583 collect

