



Honouring Indigenous Awareness and Celebrating Pride



National Indigenous History Month is an opportunity to recognize the history, heritage, resilience, and cultural diversity of First Nations, Inuit, and Métis communities.

It serves as a time to reflect upon the profound impact of colonization, promote reconciliation, and foster greater understanding between Indigenous and non-Indigenous peoples.¹

Through various events, workshops, artistic performances, and educational initiatives, National Indigenous History Month in Canada aims to amplify Indigenous voices, raise awareness about the ongoing challenges faced by Indigenous communities, and support the preservation and revitalization of Indigenous cultures and languages. Here are some ways to learn about Indigenous history, culture, and contributions:

1. Engage in cultural events and celebrations by Indigenous communities, including markets and fairs
2. Support Indigenous artists and businesses
3. Explore books showcasing Indigenous perspectives and experiences
4. Participate in workshops promoting understanding and reconciliation
5. Explore museums and cultural centers to learn about Indigenous history and traditions



Pride Month is an opportunity to show solidarity, support, and love for the LGBTQ+ community.

It's a chance to celebrate diversity and promote acceptance for people of all sexual orientations and gender identities.²

Pride Month is an annual celebration observed in many countries around the world to honour the LGBTQ+ community and promote their rights, equality, and visibility. It is a time for people come together to commemorate the achievements, struggles, and resilience of lesbian, gay, bisexual, transgender, and queer individuals. Here are six educational ways to participate in Pride Month:

1. Learn about LGBTQ+ history and milestones in Canada
2. Attend Pride events in your area
3. Attend Workshops that promote LGBTQ+ topics and understanding
4. Volunteer or raise awareness to support LGBTQ+ organizations
5. Read, watch, and listen to diverse LGBTQ+ stories
6. Use your voice to support equality and rights

1. <https://www.rcaanc-cirnac.gc.ca/eng/1466616436543/1534874922512>
 2. <https://women-gender-equality.canada.ca/en/pride-season.html>



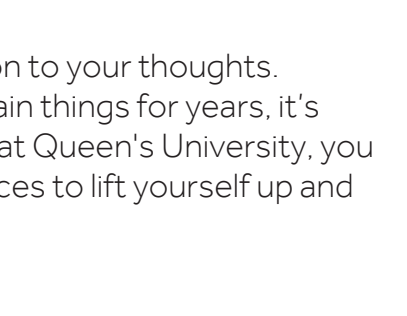
Cultivating your success through self-compassion

If working hard on your health goals hasn't led to the results you want, you may feel frustrated. That is completely normal. A little self-compassion can go a long way in helping you move forward on your path to success. Self-compassion means being open, gentle, and understanding toward yourself.¹

Check out how you can get better at practicing self-compassion:

Give yourself a break

Often, the person we are hardest on is our own self. Negative self-talk or feeling "not good enough" from time to time is a normal part of being human. These thoughts put obstacles in your way. This self-doubt can hurt you in the long run. Remind yourself there's always room for improvement but that you are committed to it. Using self-compassion can help you accept where you are right now and keep your focus on moving forward.²



Notice negativity

Self-compassion starts by being mindful and self-aware. Pay attention to your thoughts. Notice when you criticize yourself. If you've been telling yourself certain things for years, it's difficult not to believe them. According to research by psychologists at Queen's University, you have around 6,200 thoughts each day.³ Think of them as 6,200 chances to lift yourself up and not put yourself down.

Rethink negative thoughts

Think about how you judge yourself. Be aware of negative thoughts and challenge them to help you break this pattern of thinking. Notice them, write them down and put them to the test. Examine both sides with less emotion and more rational thought.

Ask yourself:

What's the evidence for this? Is there proof to the contrary? Is it always true? Am I looking at the whole picture?

Respond to your inner critic

Now that you have recognized your negative thoughts, write down what you might say to yourself the next time these thoughts come up. Replace what you know is not completely true with something more positive and realistic.⁴

Rather than:

If only I were more successful. Everyone is doing so much better than me. I'll never get there.

Try:

If I continue to work toward my goals, I will be successful. Everyone has challenges. I am focused, doing what I can, and I will persevere. I will get there. I am a good person.

Broaden your focus and remember your WHY

When you get too focused on reaching your goal, you can lose track of why you wanted to get there in the first place. There will be bumps along the road. Practicing self-compassion during these difficult moments makes it more likely you will achieve your goals. And you'll feel better along the way.

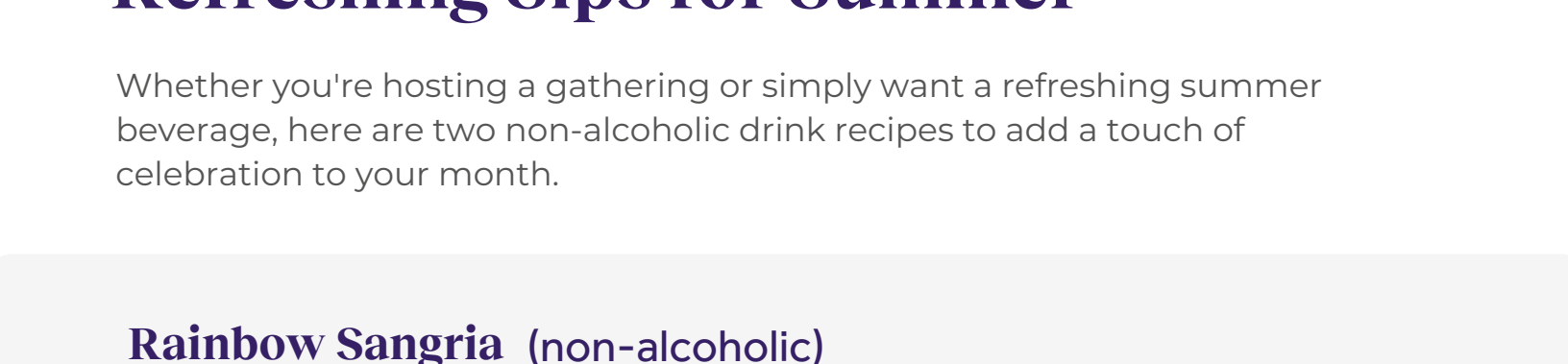
Reconnect to why you are taking this journey:

1. To develop healthy habits
2. To make lasting changes
3. To feel better
4. To improve your overall health
5. To experience major life events with loved ones
6. To have the freedom to keep doing the activities you love

Get support

Connection with and encouragement from others can make it easier to reach your personal health goals.⁴ Friends and family members can help you along the way. They may even want to join you.

1. <https://www.cma.ca/physician-wellness-hub/content/self-compassion-101>
 2. <https://www.anxietycanada.com/articles/tip-1-turn-down-the-volume-of-that-self-critical-voice/>
 3. <https://www.queensu.ca/gazette/stories/discovery-thought-worms-opens-window-mind>
 4. <https://casch.org/guidelines#:~:text=Social%20connection%20is%20fundamentally%20beneficial,a%2027%25%20increase%20in%20mortality.>

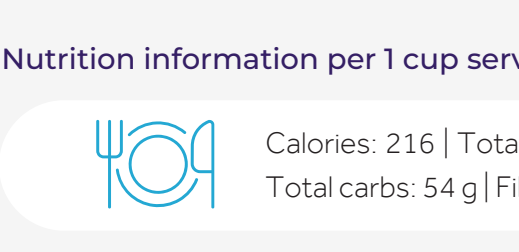


Refreshing Sips for Summer

Whether you're hosting a gathering or simply want a refreshing summer beverage, here are two non-alcoholic drink recipes to add a touch of celebration to your month.

Rainbow Sangria (non-alcoholic)

Makes 4 servings | Prep: 10 minutes



Ingredients

- 3 cups white cranberry juice
- 2 limes, juiced
- 1 cup sparkling water (chilled)
- 1 cup blackberries
- 1 cup blueberries
- 3 kiwis, peeled and sliced
- 1 cup diced pineapple
- 1 cup diced mango
- 1 cup halved strawberries
- 1 cup crushed ice

Preparation

1. In a small pitcher, stir together the juice drink, juice and sparkling water
2. Add ice.
3. In tall glasses, layer blackberries, blueberries, kiwis, pineapple, mango and strawberries.
4. Pour the juice mixture over the fruit.

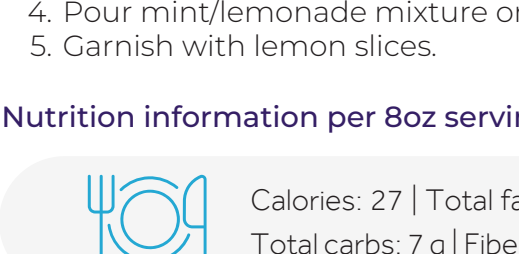
Nutrition information per 1 cup serving



Calories: 216 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 42 mg | Cholesterol: 0 mg
 Total carbs: 54 g | Fiber: 7 g | Sugars: 43 g | Protein: 2 g | Potassium: 481 mg

Strawberry Mint Spritzer (non-alcoholic)

Makes 5 servings | Prep: 5 minutes



Ingredients

- 5 oz frozen strawberries
- 1 litre (about 3 12-ounce cans) lemon-flavoured
- Sparkling water, chilled
- 6 oz pink lemonade frozen concentrate, thawed
- ¼ cup mint leaves, chopped
- Lemon slices, garnish

Preparation

1. Place strawberries in a blender or food processor. Puree until smooth.
2. In a pitcher, add sparkling water, lemonade and chopped mint, then stir.
3. Add pureed strawberries to the bottom of drinking glasses or a pitcher.
4. Pour mint/lemonade mixture on top of pureed strawberries.
5. Garnish with lemon slices.

Nutrition information per 8oz serving



Calories: 27 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 16 mg | Cholesterol: 0 mg
 Total carbs: 7 g | Fiber: 1 g | Sugars: 2 g | Protein: 0 g | Potassium: 28 mg

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