



## Wellness Weekly

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### CHRONIC ILLNESS AND MENTAL HEALTH

A recent study in the November issue of APA journal *Healthy Psychology* suggest that for chronically ill patients, giving up hope that they will get better may actually lead to more happiness.

Researchers from the University of Michigan studied a group of patients who had colostomies. Some were told the procedure would be reversed in six months while the other group were told that it was permanent.

The study found that those patients who were told the colostomy was permanent were happier—researchers think this is because they had to get on with life and accept the change. The other group was less happy, as they were contrasting their current situation with what they wanted to do in the future after the reversal.

For information on chronic illness and mental health, visit the [American Psychology Association website](#)



### HOME FIRE SAFETY WEEK NOV 24—30

Get your kids involved to help make your home as safe as it can be!

Visit [sparky.org](#) and [elmer.ca](#). You'll find a wealth of fun activities on both safety sites including coloring pages, a home safety checklist, fire escape grid, interactive games, safety activities, coloring pages, tour of a fire truck and lots more.



## IT'S COMING...



### NOVEMBER IS DIABETES MONTH

#### Spotlight on the CDA website resources!



Click the logo for the website

You can find out about the following and more online:

- Take a test to see if you are at risk for Type 2 diabetes
- If you have diabetes, check out the cardiovascular self-assessment tool
- Visit the extensive healthy eating section where you can learn about portion control, diabetes friendly recipes and a lot more
- Download the 2009/10 consumers guide to diabetes products and medication

The Wellness Weekly is written by [Liz Way](#) Healthy Workplace Program Coordinator

**Note:** The contents of The Wellness Weekly are intended for general informational purposes and are not a substitute for proper medical advice. Please consult your family physician or health care professional before beginning any exercise regime—especially if you are: pregnant, nursing or have chronic health concerns. Discontinue any exercise that causes you pain and seek immediate medical treatment.