SACHJ
South Asian Canadian Health Journal
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South Asian Canadian Health & Social Services (SACHSS)
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South Asian Canadians Health & Social Services (SACHSS)

SACHSS offers culturally and linguistically appropriate services for South Asian men, women, seniors and youth, and other communities. SACHS provides programs focused on Health Promotion, Mental Health and Addictions issues.

SACHSS serves clients with treatment and counselling services for those mandated by the legal system for issues such as driving under the influence of alcohol/drugs (DUI), violence, domestic violence, anger management etc.

SACHSS runs the PAR (Partner Assault Response) program for domestic violence and undertakes assessments and referrals to rehabilitation centres and intervention services for clients with addiction issues. We offer our services in Hindi, Punjabi, Urdu, Tamil, Gujarati, Malayalam, and English.

SACHSS has highly qualified and experienced staff in the fields of Health Promotion, Mental Health and Addiction. We give early, convenient, and flexible appointments including evenings and weekends and provide prompt, detailed client reports.

SACHSS serves all individuals and groups irrespective of their nationality, race, religion, ethnicity, language, colour, sexual orientation, and preferences.

SACHSS strives to build a healthy and vibrant South Asian community.

Referrals from clients, physicians, family doctors, hospitals, the legal system, lawyers, agencies, and organizations are now accepted

INFORMATION ON SACHSS

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SACHSS REHAB & DROP IN CENTRE

We are happy and pleased to inform you that because of all the support, help and patronage from all our patrons, we opened our SACHSS Rehab and Drop in Centre at 22 Melanie Drive, Unit 8, Brampton. Ontario. L6T 4K9. (Near Steeles & Melanie).

We now have our Thursdays Evenings 6- 8 pm Healthy Living Group at our new premises.

All are welcome.

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SACHSS Healthy Living & Positive Lifestyle Education Group

THE SOUTH ASIAN CANADIANS HEALTH & SOCIAL SERVICES - SACHSS IS RUNNING ITS GROUP PROGRAM:
NAME: "HEALTHY LIVING & POSITIVE LIFESTYLE EDUCATION GROUP"
DATE & TIME: THURSDAY EVENINGS 6PM TO 8PM
LOCATION: OUR BRAMPTON OFFICE AT 22 Melanie Drive, Unit 8, Brampton. Ontario. L6T 4K9. (Just South of Steeles and Melanie, near Steeles and Torbram).

WHO CAN ATTEND?

i. Anyone who faces stress and who needs and is interested in Stress Management and development of a Positive Lifestyle.
ii. Persons who need help in dealing with their everyday stress which causes anxiety, depression and other issues in them
iii. Persons who want to improve their Lifestyle with positive physical health and mental health
iv. Persons with mental health issues
v. Persons with addiction issues
vi. Anyone with anger/violence/domestic violence issues
vii. Anyone who has a family member with mental health, addiction or anger/violence/domestic violence issues
viii. Anyone with legal problems related to mental health, addiction or anger/violence/domestic violence issues

ix. This group is open to men, women, seniors and youth. All are Welcome!

OUR PROGRAMS

PROGRAMS FOR HEALTH EDUCATION & HEALTH PROMOTION	WOMEN'S PROGRAMS	PROGRAMS FOR MENTAL HEALTH
PROGRAMS FOR ADDICTIONS	YOUTH PROGRAMS	PROGRAMS FOR DOMESTIC VIOLENCE
ANGER MANAGEMENT PROGRAMS	COUPLE & MARRIAGE COUNSELLING	SENIOR'S PROGRAMS
OUTREACH PROGRAMS	PROGRAMS FOR HOMELESS INDIVIDUALS	INDIVIDUAL & GROUP COUNSELLING

FOR ALL OUR SERVICES REFERRALS ARE ACCEPTED FROM ALL ORGANIZATIONS, AGENCIES, PHYSICIANS, AND THE LEGAL SYSTEM INCLUDING PROBATION & PAROLE OFFICERS AND BAIL OFFICERS AND LAWYERS.

SELF-REFERRALS ARE ACCEPTED.

FOR REFERRALS PLEASE CONTACT:

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SACHSS FOOD BANK & OUTREACH PROGRAM

SOUTH ASIAN CANADIANS HEALTH & SOCIAL SERVICES - SACHSS

BRAMPTON.ONTARIO. WWW.SACHSS.CA

SACHSS FOOD BANK, 26 LINDEN CRESCENT, BRAMPTON. ON. L6S 4A2.
IF YOU OR ANYONE YOU KNOW OF, NEED ANY FOOD, PLEASE CALL US AT 647-718-0786 OR 416-884-6198 AND MAKE APPOINTMENTS AND CAN PICK UP FOOD FROM 2 PM TO 4 PM ON TUESDAYS AT
SACHSS FOOD BANK, 26 LINDEN CRESCENT, BRAMPTON. ON. L6S 4A2.
FOR THOSE WHO CANNOT PICK UP FOOD, WITH THE HELP OF OUR TEAM MEMBERS, WE ARE ALSO DROPPING OFF FOOD AT THEIR HOMES.
PLEASE SPREAD THE WORD AND LET US KNOW IF ANYONE NEEDS ANY HELP WITH FOOD AND GROCERIES.

WE THANK HHI – HELPING HEALTH INTERNATIONAL, BRAMPTON &
IQBAL FOODS, MISSISSAUGA
FOR HELPING US WITH OUR SACHSS FOOD BANK &OUTREACH PROGRAM

SACHSS
(SOUTH ASIAN CANADIANS HEALTH & SOCIAL SERVICES)

SACHSS COMMUNITY FOOD DRIVE

HELPING THE NEEDY DURING THIS PANDEMIC LOCKDOWN

ACCEPTING ITEMS: Canned Food, Canned Sauce, Juice packs, Snacks, Cereals, Pasta, Rice, Oil, any non perishable food etc.

Drop Off Location: 26 Linden Crescent, Brampton. ON. L6S 4A2

FOOD DONATIONS OF NON PERISHABLE FOOD ARE ACCEPTED FOR OUR SACHSS FOOD DRIVE TO HELP POOR AND HOMELESS PEOPLE

E-transfer donations to:
info.sachss@gmail.com

Tax Receipts for monetary donations will be issued.

www.sachss.ca

CONTACT FOR DROP-OFF:

CALL FOR DROP OFF:
647-718-0786
416-884-6198

SACHSS HELPLINE
PLEASE CALL FOR ANY CRISIS OR HELP
SACHSS HELPLINE 289-778-2760

March 2022 Issue: Articles

GOOD SLEEP & EMOTIONS AND MENTAL HEALTH

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South Asian Canadians Health & Social Services- SACHSS

INTRODUCTION

Good Sleep helps greatly in maintaining of good Emotional & Mental Health.

While sleep requirements vary slightly from person to person, most healthy adults need seven to nine hours of sleep per night to function at their best. Children and teens need even more. And despite the notion that our sleep needs decrease with age, most older people still need at least seven hours of sleep. Since older adults often have trouble sleeping this long at night, daytime naps can help fill in the gap.

Average Sleep Needs by Age

Age	Hours Needed	May be appropriate
Newborn to 3 months old	14 – 17 hrs	11 – 19 hrs
4 to 11 months old	12 – 15 hrs	10 – 18 hrs
1 to 2 years old	11 – 14 hrs	9 – 16 hrs
3 to 5 years old	10 – 13 hrs	8 – 14 hrs
6 to 13 years old	9 – 11 hrs	7 – 12 hrs
14 to 17 years old	8 – 10 hrs	7 – 11 hrs
Young adults (18 to 25 years old)	7 – 9 hrs	6 – 11 hrs
Adults (26 to 64 years old)	7 – 9 hrs	6 – 10 hrs
Older adults (65+)	7 – 8 hrs	5 – 9 hrs

Source: National Sleep Foundation

The best way to figure out if you're meeting your sleep needs is to evaluate how you feel as you go about your day. If you're logging enough sleep hours, you'll feel energetic and alert all day long, from the moment you wake up until your regular bedtime.

Sleep is vital for our physical and mental wellbeing, yet we don't always prioritize it in the way we should. When we're busy and feel the pressure of getting everything done by a specific deadline, it can be tempting to cut down on sleep time in order to get more done.

Signs that you're not getting enough sleep

If you're getting less than eight hours of sleep each night, chances are you're sleep deprived. What's more, you probably have no idea just how much lack of sleep is affecting you.

If you've made a habit of skimping on sleep, you may not even remember what it feels like to be truly wide-awake, fully alert, and firing on all cylinders. Maybe it feels normal to get sleepy when you're in a boring meeting, struggling through the afternoon slump, or dozing off after dinner, but the truth is that it's only "normal" if you're sleep deprived.

You may be sleep deprived if you…

- Need an alarm clock in order to wake up on time.
- Rely on the snooze button.
- Have a hard time getting out of bed in the morning.
- Feel sluggish in the afternoon.
- Get sleepy in meetings, lectures, or warm rooms.
- Get drowsy after heavy meals or when driving.
- Need to nap to get through the day.
- Fall asleep while watching TV or relaxing in the evening.
- Feel the need to sleep in on weekends.
- Fall asleep within five minutes of going to bed.

SYMPTOMS OF SLEEP DEPRIVATION

1. Trouble with thinking and concentrating

As anyone who has ever suffered a bad night's sleep can tell you, the resulting sleep deprivation can result in a fuzzy head that can cause **difficulty with thinking and concentrating.**

Every aspect of cognitive function is vulnerable to sleep loss. The most sensitive is 'Reaction time'. **Reaction times are likely to increase** alongside our sleep debt, meaning that we react more slowly to a stimulus; this can make us less productive, and tasks can take longer.
Other cognitive functions affected by sleep loss include "verbal fluency, creativity, problem solving and evaluation of risk". Try avoiding alcohol and caffeine to help prevent making these symptoms worse, and train yourself in improving your hand-eye coordination to try and improve your overall reaction time.

2. Memory issues

Lack of sleep not only impacts our cognitive function; it can affect our memory too. Our brains create new connections that help us to process and recall information while we sleep, so missing out on the slumber we need can **impact both our short- and long-term memory**.
In the short term, this is described as a "reduced capacity to learn and poor recall", while in the long term, lack of sleep can be "associated with risks of cognitive decline".

3. Changes in mood

It's completely understandable if you wake up feeling a bit grumpy after a night of poor sleep. **Anxiety, irritability, anger, impulsivity, and emotional dysregulation** are all likely symptoms of sleep deprivation in the short term.

Usually a good night's sleep should be enough to restore your mood back to normal, but if you continue to suffer from sleep deprivation in the long term, you could be at risk of anxiety, depression, psychosis and more.

4. Weakened immunity

Have you ever found yourself feeling a bit run down after a patch of bad sleep? It could be due to sleep deprivation, which can lead to **weakened immunity and lowered defences** against pesky common infections, such as colds and flus.

So, what can you do to help your body recover? All the usual things you do to improve the immune system including a healthy diet with plenty of fruit and vegetables, regular exercise, plenty of daylight, not smoking, not drinking, and allowing time to relax.

5. Poor appetite control

If you find yourself reaching for more snacks than usual after a bad night's sleep, you're not alone. If you're experiencing sleep deprivation, you're also likely to feel more hungry, due to the impact on the hormone's leptin (linked to feelings of fullness) and ghrelin (linked to hunger).

Sleep deprivation can lead to lower levels of leptin and higher levels of ghrelin, which can equal **more cravings and less self-control**. Understandably, this can lead to **weight gain and obesity** in the long term.

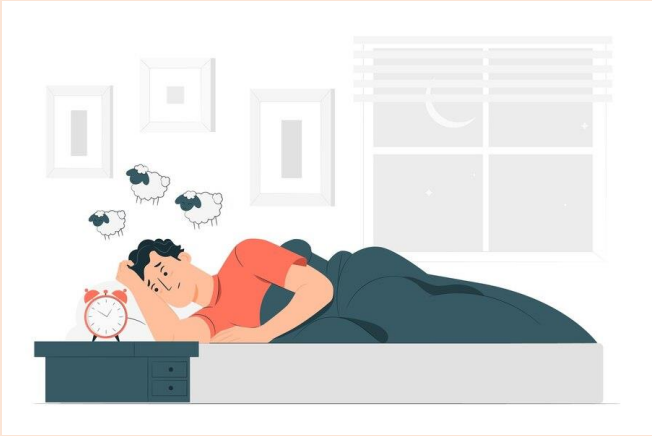
6. Poor blood sugar control

A lack of sleep can also wreak havoc with our body's ability to regulate our blood sugar levels. Sleep deprivation can lead to higher insulin resistance and higher blood glucose levels, and over time, **a risk of developing diabetes.**
Is there any way to help our bodies counteract this risk? Avoid high glycaemic index foods as much as possible, regular exercise and rest are also key.

7. Cardiovascular risk

Sleep deprivation can also put you at an increased risk of problems with your cardiovascular system over time, as it can lead to increased blood pressure and atherosclerosis.
Blood pressure increases in acute response to activation of the fight or flight **stress** response. Sleep deprivation makes your fight or flight system more twitchy; we live in a constant state of hyperarousal, and higher blood pressure is one result.

Sleep deprivation also causes a pro-inflammatory state, and inflammation is one of the big drivers of **atherosclerosis.** This can lead to a risk of suffering from serious conditions such as **coronary heart disease or a stroke.**



Good Sleep is very essential to maintain good Emotional & Mental Health.

Benefits of Good Sleep:

1. Sleep is a natural painkiller

Sleep is a natural analgesic that can help manage and lower pain. Sleep loss not only amplifies the pain-sensing regions in the brain but blocks the natural analgesia centers too.

2. Good sleep helps you feel more sociable

We've known for some time that **good sleep reduces stress and anxiety** (both of which can make us irritable), but research shows how sleep benefits our relationship and friendships too. In short, a good night's sleep makes us want to approach others and interact with them more.

Sleep, especially a lack of it, also affects our language and how well we can verbally communicate with others. But that isn't all. Research indicates that, "A lack of sleep leads individuals to become more socially avoidant, keeping greater social distance from others."

3. Restful sleep makes for safer drivers

Get a good night's sleep and your passengers and fellow drivers will thank you for it. Sleepiness affects reaction time and decision-making, which are critical to safe driving. It contributes to almost **a quarter of fatal and serious road accidents**.

Severe fatigue exerts a similar influence on the brain to drinking too much. Starving the body of sleep also robs neurons of the ability to function properly. This leads to cognitive lapses in how we perceive and react to the world around us.

4. It also helps you look younger

Thought beauty sleep was a myth? Think again, as getting regular, good quality sleep at night acts as a natural facelift. How come? Melatonin, the hormone we need for sleep, also doubles as a powerful anti-ager. When you're asleep, blood flow to your skin is increased, collagen supplies are rebuilt, and repairs are made to UV exposed skin.

Research that looked at the effects of restricted sleep on facial appearance found that just two days of sleep restriction negatively affected participant's perceived attractiveness.
Another study carried out by researchers at the University of Manchester, found that circadian rhythm (your natural body clock) has an effect on the production of collagen, a protein that helps keep our skin plump and youthful-looking.

5. Sleep benefits your weight

Scientists are still exploring the relationship between sub-par sleep and weight gain, but several studies have linked the two. A lack of sleep triggers a rise in cortisol, nature's alarm system, which tells your body to conserve energy for a possible fight or flight situation. What does that mean for your weight? You hang on to more fat, basically.
Sleep keeps weight under control. Inadequate sleep lowers levels of leptin – a hormone that suppresses appetite – but increases ghrelin, which stimulates appetite. This effect seems to be heightened in people sleeping five hours or less."

6. Sleep helps you make memories

Ever heard the expression **'sleep on it?'** That's because sleep helps you process your feelings better, and to solidify new information and memories. Research has found that the less students slept during a semester, the worse their scores were.
It isn't just about how much sleep you get: *When* you go to bed matters. If you get a certain amount of sleep… as long as it's before certain times, say you go to bed at 10 or at 12 or at 1, your performance is the same. But if you go to bed after 2 your performance starts to go down even if you get the same seven hours.

7. Good sleep plays a role in preventing depression

Researchers have been looking closely at how sleep affects mental health for many years now, and one study in particular, claims that people with insomnia and other sleep issues are at a higher risk of depression.
Sleep disorders are common among people diagnosed with anxiety, depression, ADHD and other conditions. 'Sleep and mood are closely connected; poor or inadequate sleep can cause irritability and stress, while healthy sleep can enhance well-being.'

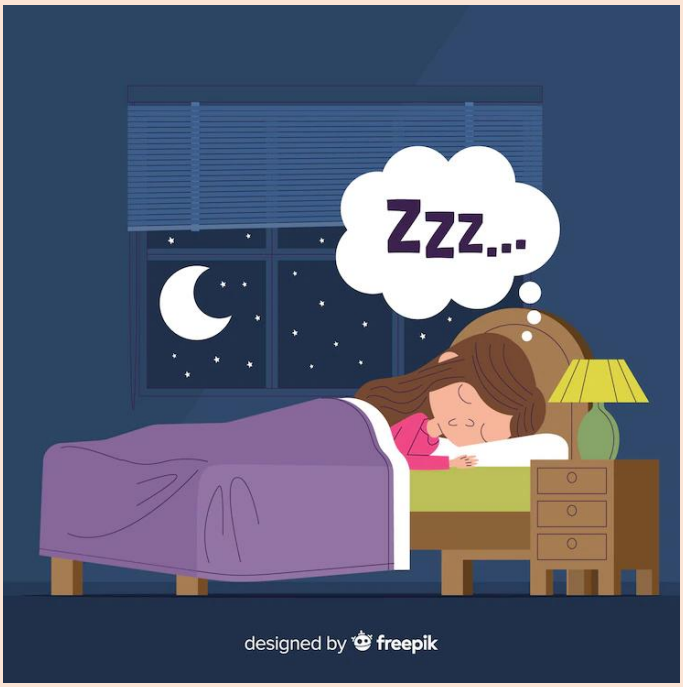
How to get a better night's sleep

So, now that you know some of the more surprising benefits of sleep for your physical and mental health, it's time to look at how you can get more good quality sleep each night.

Your bed plays a big role in how comfortable you feel, because when you're comfy you'll drift off easier and faster. So make sure you have comfortable bed and if needed make your bed more comfortable with more sheets.

Here are some tips for getting a better night's sleep:

- Go to bed and wake up at the same time each day
- Create a bedtime routine that relaxes you ready for sleep
- Don't eat a heavy meal within two hours of bedtime
- Don't consume caffeine after midday
- Limit or cut out alcohol as it disrupts sleep
- Choose dim lighting in the evenings to boost melatonin production
- Ensure your bedroom is dark, cool and quiet for sleeping
- Listen to a relaxing sleep app to calm a busy mind
- Invest in a new pillow if yours is more than two years old
- If you're feeling restless or anxious, try a good weighted blanket
- Expose yourself to natural daylight early in the morning to strengthen your circadian rhythm (your body clock)



CONCLUSION

Good Sleep is very essential to maintain good Emotional & Mental Health.

One also should avoid oversleeping and spending long hours in bed. Inactivity, and lack of physical and mental activities lead to other physical, mental, and social issues.

Many physical or mental health issues can cause sleep problems. If one has sleep problems due to any physical or mental health issues, one should get proper medical help to effectively address theses issues, which will be very helpful in getting proper good sleep.

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RESOLVING CONFLICTS

Managing and Resolving Conflicts in a Positive Ways

Dr.Hiba Al-Bayati, MD
South Asian Canadians Health & Social Services- SACHSS

What is conflict

- Conflict is a normal part of any healthy relationship. After all, two people can't be expected to agree on everything, all the time. The key is not to fear or try to avoid conflict but to learn how to resolve it in a healthy way.
- When conflict is mismanaged, it can cause great harm to a relationship, but when handled in a respectful, positive way, conflict provides an opportunity to strengthen the bond between two people. Whether you're experiencing conflict at home, work, or school, learning these skills can help you resolve differences in a healthy way and build stronger, more rewarding relationships.

Top causes of family conflict

- **Money:** Finances are top of the list for causing conflict within families. Money, or lack of it, can cause everyday stress as families struggle to make ends meet. If someone is unemployed, that puts even greater strain on the family purse.
- **Addiction:** Peaceful, loving homes can be divided by the strain caused by drug and alcohol abuse. Marriages can end due to changes caused by addiction. Communication becomes more difficult, highlighting frustration. Aggression and violence will tear families apart

Top causes of family conflict

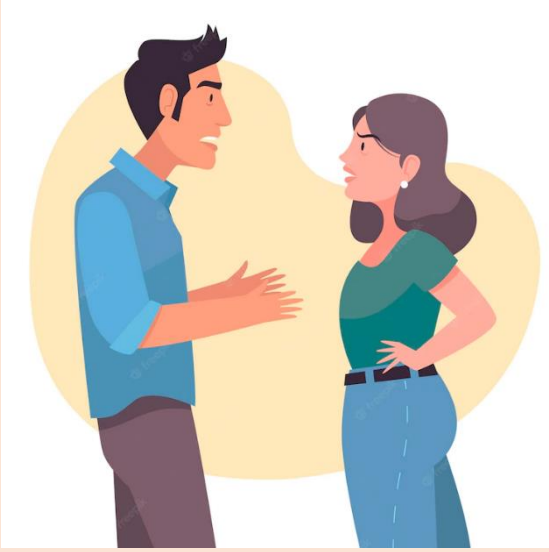
- **Abuse and Violence:** Violence and the threat of violence at home creates fear and can destroy family environments and lead to the break-up of families. Children and young people need to grow up in a secure and nurturing environment. Where domestic or family violence exists, the home is not safe or secure and children are scared about what might happen to them and the people they love.
- **Communication:** Rudeness, lack of gratitude, spending too much time on a smartphone, not returning calls, showing disrespect, taking for granted: all of these behaviours can erode a relationship over time. A breakdown in communication can lead to mixed messages, misunderstandings, and cold shoulders.

Tips for managing family conflict

- **Agree to negotiate.** Decide whether the issue is worth resolving and is your relationship worth fighting for. If so, then agree to sit around a table and work it out.
- **Check your mindset.** Are you coming into negotiations with the aim of proving your point and winning the argument? Or do you genuinely want to achieve a peaceful resolution. Check in with yourself. The first will take you nowhere, other than to the moral high ground. The second might give your family relationships a chance to repair.

Tips for managing family conflict

- **Cool down first.** Don’t come into a negotiation with your anger raging. That will just make you emotional and hot-headed. Take time to cool down so you can bring a more open mind and heart to the table.
- **Own your part in it.** There are always two sides to every story. A disagreement occurs between two or more people. You’re only responsible for your part in that disagreement. Don’t take all the responsibility for what’s happened. Don’t entirely blame someone else either.
- **Listen.** Don’t sit there with your retort ticking away, ready to jump in to force your side of the argument. Listen to the other points of view being shared. You don’t have to agree with everything they say. You can agree to some parts and not the others. A powerful tool after someone has spoken is to say: “So what I hear you saying is this. Have I understood?” The other person will feel heard and perhaps become a little less prickly.



When listening to the other person's point of view, the following responses are often helpful:

- **Encourage the other person to share his or her issues as fully as possible.** ·
- "I want to understand what has upset you."·
- "I want to know what you are really hoping for. “
- **Clarify the real issues, rather than making assumptions. Ask questions that allow you to gain this information, and which let the other person know you are trying to understand.** ·
- "Can you say more about that?"·

"Is that the way it usually happens? “

- **Restate what you have heard, so you are both able to see what has been understood so far it may be that the other person will then realize that additional information is needed.** ·
- "It sounds like you weren't expecting that to happen. “
- **Reflect feelings be as clear as possible.** ·
- "I can imagine how upsetting that must have been. “

- **Validate the concerns of the other person, even if a solution is elusive at this time. Expressing appreciation can be a very powerful message if it is conveyed with integrity and respect. ·**
- "I really appreciate that we are talking about this issue."·
- "I am glad we are trying to figure this out."

Forgive and forget. No one is 100% perfect. We all make mistakes.

- In most situations, it may be easier to forgive than to forget. "To forgive and forget means you've finally made peace with the offense that's occurred and have allowed yourself to move forward,"
- To truly be able to forgive someone. "The forgiveness signifies that you're willing to understand that all the humans are imperfect.
- "To forget the offense, we can give ourselves the personal freedom to liberate ourselves from the continual remembrance of the offense." By choosing not to dwell on whatever (or whoever) it is, you're trying to forgive and forget, you allow yourself to fully move past it more easily.

Let things go: Don't make big issues of small little things

- Part of learning how to let things go is knowing how to forgive yourself and others. When you stop blaming others and taking responsibility for your role in a specific situation, you can move on to forgiveness.
- Resenting yourself or other people will only keep you stuck in your painful feelings. The only one who suffers when you’re unwilling to forgive is yourself. Remember that by forgiving others, what you’re actually doing is freeing yourself from negative emotions. Put yourself in the shoes of the other and look at things from their perspective to understand how they might feel. So, don’t just say that you forgive someone, but fully let go of those feelings of blame and anger towards them.

Avoid alcohol and drugs: Alcohol and drugs make people get irritable and angry easily and make them lose their control.

- Our intimate relationships are supposed to be safe havens, and our homes the places that provide shelter from danger. Yet, being in a relationship with a partner that has an addiction to alcohol or drugs can lead to an unhealthy relationship with emotional stress and abuse. Quieting alcohol and drugs will ensure you a happy and family peaceful life.

Respect other people's thoughts and opinions. You don't need to agree all the time. Better to lose an argument than to lose a friend or a partner

- Respecting others' opinions is part of **a larger attitude of respect**. ... Respecting others' opinions does not mean being untrue to our own opinions. It simply requires us to recognize that others are entitled to look at the world differently and that when they share their views with us, they can expect a fair hearing.

Don't expect too much from others. Be realistic. Too many expectations can lead to conflicts.

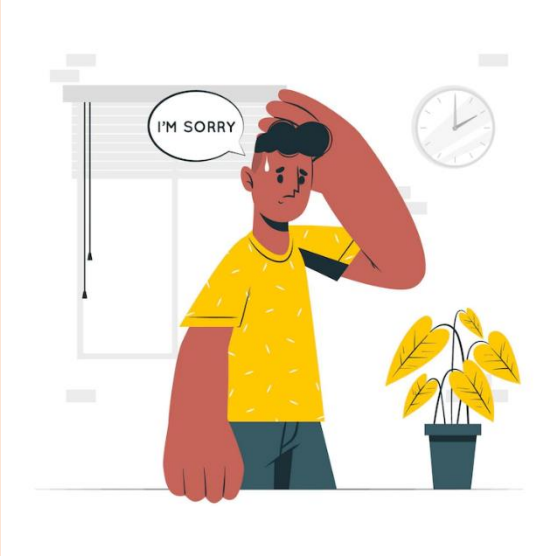
- Disappointment is a natural part of life, but when you consistently expect too much of others, you set yourself up for burnout. Continually failing to meet others' expectations can prompt guilt and shame in the shape of unhelpful beliefs.

Help others as much as you can

- Helping others is not only good for them and a good thing to do, but it also makes **us happier and healthier too**. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy.

Focus on the future and not on the past, past issues

- We can't have a better past. The past is gone. The past is just passed. The past is done. The past is unchangeable. The past is only to be forgiven. The past is only to let it go.
- We can have a better future, if we consider past as a learning opportunity and we accept that past is gone, and we make a commitment to grow and grow better.



Why It's Important to Apologize in Relationships

- Apologizing when you've broken a rule of social conduct—from cutting in line to breaking the law—re-establishes that you know what the "rules" are, and you agree that they should be upheld. This allows others to feel safe knowing you agree that hurtful behavior isn't OK.
- Apologies re-establish dignity for those you hurt. Letting the injured party know that you know it was your fault, not theirs, helps them feel better, and it helps them save face.
- Apologizing helps repair relationships by getting people talking again and makes them feel comfortable with each other again.
- A sincere apology allows you to let people know you're not proud of what you did and won't be repeating the behavior. That lets people know you're the kind of person who is generally careful not to hurt others and puts the focus on your better virtues, rather than on your worst mistakes.

NEURODEVELOPMENTAL DISORDERS PART 2

(Concluding part, continued from part 1 published in previous issue)

Salma Syed
Sheridan College

AUTISM SPECTRUM DISORDER

What is ASD?
ASD is a neurological disorder that affects how the brain functions. The exact cause of ASD is not known.

The way ASD affects an individual can vary a lot from person to person. It depends on how many symptoms a person experiences and how severe each symptom is.
A person with ASD may find it hard to connect with other people.

They may:

- have difficulty communicating
- have difficulty with social situations
- repeat certain patterns of behaviour
- show interest in a limited number of activities and interests

These behaviours can happen at school, home, or work. Having ASD can greatly affect everyday activities.
Because no one person with ASD is the same, treatments and therapies are based on each person's needs.

What are the signs and symptoms of ASD?
Every person with ASD is unique, so the timing and severity of the first signs and symptoms can vary widely. Some children with ASD show signs within the first few months of life. In others, symptoms may not become obvious until 24 months or later. Some children with ASD appear to develop normally until around 18 to 24 months of age and then stop gaining new skills and/or start losing skills.

During infancy (up to 12 months), a child may show symptoms that include:

- Limited or no eye contact
- No babbling
- Appearing not to hear (no response to name when called)
- Playing with toys in an unusual or limited manner

- Showing more interest in objects instead of people
- Starting language skills but then stopping or losing those skills
- Showing repetitive movements with their fingers, hands, arms or head

Up to 2 years of age, there may be continuing symptoms from infancy. A child may also:

- Focus only on certain interests
- Be unable to have reciprocal social interactions
- Move in unusual ways, such as tilting their head, flexing their fingers or hands, opening their mouth or sticking out their tongue
- Have no interest in playing with other children
- Repeat words or phrases without appearing to understand them
- Have behavioural issues, including self-injury
- Have trouble controlling their emotions (tantrums)
- Like to have things a certain way, such as always eating the same food

Possible signs of ASD at any age:

- Avoids eye contact and prefers to be alone
- Struggles with understanding other people's feelings
- Remains nonverbal or has delayed language development
- Repeats words or phrases over and over (echolalia)
- Gets upset by minor changes in routine or surroundings
- Has highly restricted interests
- Performs repetitive behaviours such as flapping, rocking or spinning
- Has unusual and often intense reactions to sounds, smells, tastes, textures, lights and/or colours.
-

Should I get my child assessed?

You should get your child assessed for ASD if:

- you have concerns
- you notice any signs or symptoms
- your child has a close relative with ASD (for example, if a brother or sister has ASD)

Normally, your health care provider will test your child first. You can help your health care provider understand the unusual behaviour you see by:

- taking photographs
- maintaining logs or diaries
- capturing these behaviours on video

If there are concerns, then your health care provider should refer you to a specialist for more tests. A specialist is the best person to help diagnose your child.

How is ASD diagnosed?

There is no simple medical test for diagnosing ASD.

To diagnose a child with ASD, a healthcare professional observes the child's levels of:

- communication
- behaviour
- development
-

This could include the child's:

- verbal skills
- mental abilities
- how they relate to others
- behaviours related to their interests and activities
- repeated actions related to how they speak, move or use objects

To determine the severity of ASD, the healthcare professional observes the amount of difficulty the child has with:

- social communication
- restricted, repetitive behaviour

Medical professionals use the Diagnostic and Statistical Manual for Mental Disorders (DSM-5) to evaluate ASD.
If a health care provider thinks that your child may have ASD, get a referral for a diagnosis. A specialist will create a detailed description of your child's strengths and challenges. A team of health professionals may work together for this assessment.
Testing for ASD will also make sure that this is not a different condition. For instance, sometimes hearing loss can explain your child's unresponsiveness in social situations or when their name is called.

ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

Attention-deficit/hyperactivity disorder (ADHD) is a chronic condition that affects millions of children and often continues into adulthood. ADHD includes a combination of persistent problems, such as difficulty sustaining attention, hyperactivity and impulsive behavior. Children with ADHD may also struggle with low self-esteem, troubled relationships, and poor performance in school. Symptoms sometimes lessen with age. However, some people never completely outgrow their ADHD symptoms. But they can learn strategies to be successful.

While treatment won't cure ADHD, it can help a great deal with symptoms. Treatment typically involves medications and behavioral interventions. Early diagnosis and treatment can make a big difference in outcome.

Symptoms

The primary features of ADHD include inattention and hyperactive-impulsive behavior. ADHD symptoms start before age 12, and in some children, they're noticeable as early as 3 years of age. ADHD symptoms can be mild, moderate, or severe, and they may continue into adulthood.

ADHD occurs more often in males than in females, and behaviors can be different in boys and girls. For example, boys may be more hyperactive, and girls may tend to be quietly inattentive. There are three subtypes of ADHD:

- **Predominantly inattentive.** The majority of symptoms fall under inattention.
- **Predominantly hyperactive/impulsive.** The majority of symptoms are hyperactive and impulsive.
- **Combined.** This is a mix of inattentive symptoms and hyperactive/impulsive symptoms.

SPECIFIC LEARNING DISORDER

Many children may struggle in school with some topics or skills from time to time. When children try hard and still struggle with a specific set of skills over time, it could be a sign of a learning disorder. Having a learning disorder means that a child has difficulty in one or more areas of learning, even when overall intelligence or motivation is not affected.

Some of the symptoms of learning disorders are

- Difficulty telling right from left
- Reversing letters, words, or numbers, after first or second grade
- Difficulties recognizing patterns or sorting items by size or shape
- Difficulty understanding and following instructions or staying organized
- Difficulty remembering what was just said or what was just read
- Lacking coordination when moving around
- Difficulty doing tasks with the hands, like writing, cutting, or drawing
- Difficulty understanding the concept of time

Examples of learning disorders include

- Dyslexia – difficulty with reading
- Dyscalculia – difficulty with math
- Dysgraphia – difficulty with writing

Children with learning disorders may feel frustrated that they cannot master a subject despite trying hard, and may act out, act helpless, or withdraw. Learning disorders can also be present

with emotional or behavioral disorders, such as attention-deficit/hyperactivity disorder (ADHD), or anxiety. The combination of problems can make it particularly hard for a child to succeed in school. Properly diagnosing each disorder is crucial, so that the child can get the right kind of help for each.

MOTOR DISORDERS

Developmental Coordination Disorder

What Is Developmental Coordination Disorder?
Children normally develop the ability to sit up, stand, walk, and talk at predictable ages. When they are late in achieving these milestones, it may be due to a developmental problem. Developmental coordination disorder (DCD) is one such condition.
DCD is a lack of coordination between your mental intentions and your ability to get your body to carry out those intentions. For example, you might think, "I need to tie my shoe." However, your brain does not properly send the instructions for shoe tying to your hands and feet. Your brain knows how to tie shoes, but your hands just can't follow your brain's instructions. The same thing happens when you try to run, jump, write, button a shirt, and many other tasks that most people take for granted.

People with DCD generally have normal intelligence. However, DCD is sometimes called "clumsy child syndrome," and it may cause others to think that people with this condition are inept or unintelligent because they cannot perform basic tasks. This condition can be considered a childhood disorder, but the effects of DCD continue into adulthood.

What Are the Symptoms of Developmental Coordination Disorder?
Signs of DCD can appear soon after birth. Newborns may have trouble learning how to suck and swallow milk. Toddlers may be slow to learn to roll over, sit, crawl, walk, and talk.
As you enter school, symptoms of the disorder may become more noticeable.

Symptoms of DCD may include:

- an unsteady walk
- difficulty going down stairs
- dropping objects
- running into others
- frequent tripping
- difficulty tying shoes, putting on clothes, and other self-care activities
- difficulty performing school activities such as writing, coloring, and using scissors

People with DCD may become self-conscious and withdraw from sports or social activities. However, limited exercise can lead to poor muscle tone and weight gain. Maintaining social involvement and good physical condition is essential for overcoming the challenges of DCD.

What Causes Developmental Coordination Disorder?

The causes of DCD are not well-understood, but researchers believe that it is the result of delayed brain development. People with DCD generally have no other medical issues that can explain the disorder. In some cases, DCD can occur with other disorders, such as attention deficit hyperactivity disorder or disorders that cause intellectual disabilities. However, these conditions aren't linked.

How Is Developmental Coordination Disorder Diagnosed?

DCD is difficult to diagnose because the symptoms may be confused with those of other conditions. The Diagnostic and Statistical Manual of Mental Disorders (DSM-V) lists four criteria that must be met for a diagnosis of DCD:

- The child shows delays in reaching motor milestones.
- The condition significantly interferes with activities of daily living and/or academic performance.
- The symptoms begin early in the child's life.
- Difficulties with motor skills are not better explained by intellectual disability, visual impairment, or brain disorders.

Stereotypic Movement Disorder

Stereotypic movement disorder is a condition in which a person engages in repetitive, often rhythmic, but purposeless movements. In some cases, the movements may result in self-injury. For this behavior to be considered a disorder, the repetitive movements must continue for at least four weeks, and they must interfere with the person's normal daily functioning. This disorder most often affects children with autism, intellectual disabilities, or developmental disabilities.

What Are the Symptoms of Stereotypic Movement Disorder?

The repetitive movements that are common with this disorder include:

- Rocking
- Banging the head
- Self-biting
- Nail biting
- Self-hitting
- Picking at the skin
- Handshaking or waving
- Mouthing of objects

What Causes Stereotypic Movement Disorder?

The cause of stereotypic movement disorder is not known. However, the movements tend to increase if the person is stressed, frustrated, or bored. Some things which have been known to cause the disorder are certain physical conditions, head injuries, and use of some drugs (such as cocaine).

How Common Is Stereotypic Movement Disorder?

This condition most often affects children with neurological (brain and nerve) disorders, autism, or intellectual disability. It is more common in childhood or adolescence than adulthood but can occur at any age and is more common in boys than in girls.

How Is Stereotypic Movement Disorder Diagnosed?

If symptoms of stereotypic movement disorder are present, the doctor will begin an evaluation by performing a complete medical history and physical exam. Although there are no lab tests to specifically diagnose stereotypic movement disorder, the doctor may use various tests -- such as neuroimaging studies and blood tests -- to rule out physical illness or medication side effects as the cause of the symptoms.
Diagnosis of stereotypic movement disorder is made if symptoms suggest the disorder, they persist for four weeks or longer, and they interfere with normal functioning.

Tic Disorders

Tourette's Disorder

Tourette (too-RET) syndrome is a disorder that involves repetitive movements or unwanted sounds (tics) that can't be easily controlled. For instance, you might repeatedly blink your eyes, shrug your shoulders or blurt out unusual sounds or offensive words.

Tics typically show up between ages 2 and 15, with the average being around 6 years of age. Males are about three to four times more likely than females to develop Tourette syndrome.

Although there's no cure for Tourette syndrome, treatments are available. Many people with Tourette syndrome don't need treatment when symptoms aren't troublesome. Tics often lessen or become controlled after the teen years.

Symptoms

Tics — sudden, brief, intermittent movements or sounds — are the hallmark sign of Tourette syndrome. They can range from mild to severe. Severe symptoms might significantly interfere with communication, daily functioning and quality of life.
Tics are classified as:

- **Simple tics.** These sudden, brief and repetitive tics involve a limited number of muscle groups.
- **Complex tics.** These distinct, coordinated patterns of movements involve several muscle groups.

Tics can also involve movement (motor tics) or sounds (vocal tics). Motor tics usually begin before vocal tics do. But the spectrum of tics that people experience is diverse.

Common motor tics seen in Tourette syndrome	
Simple tics	**Complex tics**
Eye blinking	Touching or smelling objects
Head jerking	Repeating observed movements
Shoulder shrugging	Stepping in a certain pattern
Eye darting	Obscene gesturing
Nose twitching	Bending or twisting
Mouth movements	Hopping

Common vocal tics seen in Tourette syndrome	
Simple tics	**Complex tics**
Grunting	Repeating one's own words or phrases
Coughing	Repeating others' words or phrases
Throat clearing	Using vulgar, obscene or swear words
Barking	

<u>In addition, tics can:</u>

- Vary in type, frequency and severity
- Worsen if you're ill, stressed, anxious, tired or excited
- Occur during sleep
- Change over time
- Worsen in the early teenage years and improve during the transition into adulthood

Before the onset of motor or vocal tics, you'll likely experience an uncomfortable bodily sensation (premonitory urge) such as an itch, a tingle or tension. Expression of the tic brings relief. With great effort, some people with Tourette syndrome can temporarily stop or hold back a tic.

When to see a doctor

See your child's pediatrician if you notice your child displaying involuntary movements or sounds.
Not all tics indicate Tourette syndrome. Many children develop tics that go away on their own after a few weeks or months. But whenever a child shows unusual behavior, it's important to identify the cause and rule out serious health problems.

Persistent (Chronic) Motor or Vocal Tic Disorder

Recognizing the symptoms of chronic motor tic disorder

People with chronic motor tic disorder may display the following symptoms:

- facial grimacing
- excessive blinking, twitching, jerking, or shrugging
- sudden, uncontrollable movements of the legs, arms, or body
- sounds such as throat clearing, grunts, or groans

Some people have strange bodily sensations before a tic occurs. They're usually able to restrain their symptoms for short periods of time, but this takes effort. Giving in to a tic brings a sense of relief.

Tics may be made worse by:

- excitement or stimulation
- fatigue or sleep deprivation
- stress
- extreme temperatures
-

Diagnosing chronic motor tic disorders

Tics are typically diagnosed during a regular doctor's office appointment. Two of the following requirements must be met in order for you or your child to receive a chronic motor tic disorder diagnosis:

- The tics must occur almost every day for more than a year.
- The tics must be present without a tic-free period of longer than 3 months.
- The tics must have started before the age of 18.

No test can diagnose the condition.

Treating a chronic motor tic disorder
The type of treatment you receive for chronic motor tic disorder will depend on the severity of the condition and how it affects your life.

Behavioral therapy

Behavioral treatments can help a child learn to restrain a tic for a short period of time. According to a 2010 study published in the Journal of the American Medical Association Trusted Source, a

treatment approach called comprehensive behavioral intervention for tics (CBIT) significantly improved symptoms in children.
In CBIT, children with tics are trained to recognize the urge to tic, and to use a replacement or competing response instead of the tic.

Medication

Medication can help control or reduce tics. Medications that are frequently used to control tics include:

- haloperidol (Haldol)
- pimozide
- risperidone (Risperdal)
- aripiprazole (Abilify)
- topiramate (Topamax)
- clonidine
- guanfacine
- cannabis-based medications

There is some limited evidence that the cannabinoid delta-9-tetrahydrocannabinol (dronabinol) helps stop tics in adults. However, cannabis-based products shouldn't be given to children and adolescents, or pregnant or nursing women.

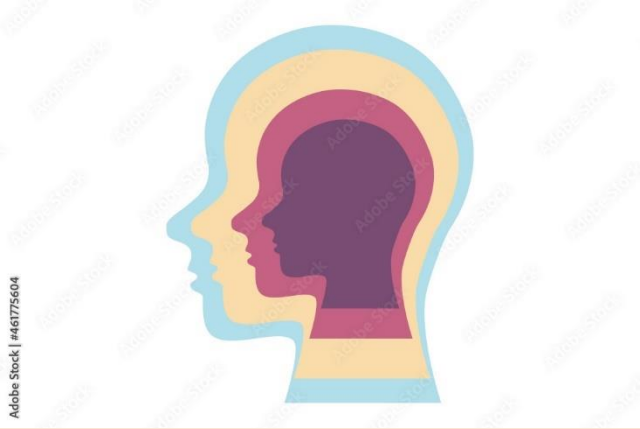
What is chronic motor tic disorder?

Chronic motor tic disorder is a condition that involves brief, uncontrollable, spasm-like movements or vocal outbursts (otherwise called phonic tics), but not both. If both a physical tic and vocal outburst are present, the condition is known as Tourette syndrome.
Chronic motor tic disorder is more common than Tourette syndrome, but less common than transient tic disorder. This is a temporary and self-limited condition expressed by tics. Another type is dystonic tics, which appear as abrupt bursts of movements followed by a sustained contraction.
Chronic motor tic disorder begins before the age of 18, and typically resolves within 4 to 6 years. Treatment can help lessen its effect on school or work life.

What causes chronic motor tic disorder?
Doctors aren't entirely sure what causes motor tic disorder or why some children develop it earlier than others. Some think chronic motor tic disorder may be the result of physical or chemical abnormalities in the brain.
Neurotransmitters are chemicals that transmit signals throughout the brain. They may be misfiring or not communicating correctly. This causes the same "message" to be sent over and over again. The result is a physical tic.

Who is at risk for chronic motor tic disorder?

Children with a family history of chronic tics or twitches are more likely to develop chronic motor tic disorder. Boys are more likely to have chronic motor tic disorder than girls.



7.Other Neurodevelopmental Disorders
Other Unspecified Neurodevelopmental Disorder

Unspecified Neurodevelopmental Disorder

Unspecified Neurodevelopmental Disorder (UNDD) is a DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, fifth edition), diagnosis assigned to individuals who are experiencing symptoms of a neurodevelopmental disorder, but do not meet the full diagnostic criteria for one of the Neurodevelopmental disorders. The symptoms cause distress, and impair functioning in social, educational/occupational, or other major areas of functioning. The diagnosis can be assigned when the clinician decides not to specify the reason the diagnostic criteria are unmet, or if there is insufficient information available at the time of the evaluation to make a more specific diagnosis (American Psychiatric Association, 2013).

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EMOTIONAL ABUSE

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Emotional abuse is defined as "any act including confinement, isolation, verbal assault, humiliation, intimidation, infantilization, or any other treatment which may diminish the sense of identity, dignity, and self-worth."
An isolated occurrence doesn't necessarily qualify as emotional abuse, but a pattern of behavior that creates fear and control does. Such mistreatment can occur in a range of interpersonal contexts, including a parental relationship, a romantic relationship, or a professional relationship. There has been relatively less societal and research attention on emotional abuse and emotional neglect, compared with physical and sexual abuse and physical neglect.
Many people who suffered emotional abuse as children show feelings of hopelessness, poor self-esteem, reduced sense of social support, poor satisfaction with life, neurobiological changes in stress response systems, and structural and functional brain deficits; they are also at a heightened risk of developing psychiatric disorders. Emotional abuse has both short-term and long-term impacts.

In the short term, emotional abuse can lead to feelings of:

- shame
- confusion
- fear
- hopelessness

It can also cause some physical and psychological issues, such as:

- racing heart
- gastrointestinal issues, such as stomach ulcers

- nightmares
- difficulty concentrating
- muscle tension
- changes in mood

Long Term effects of Emotional Abuse may lead to problems such as:

Depression, anxiety, eating disorders, suicidal symptomatology, psychosis, personality disorder and substance misuse.

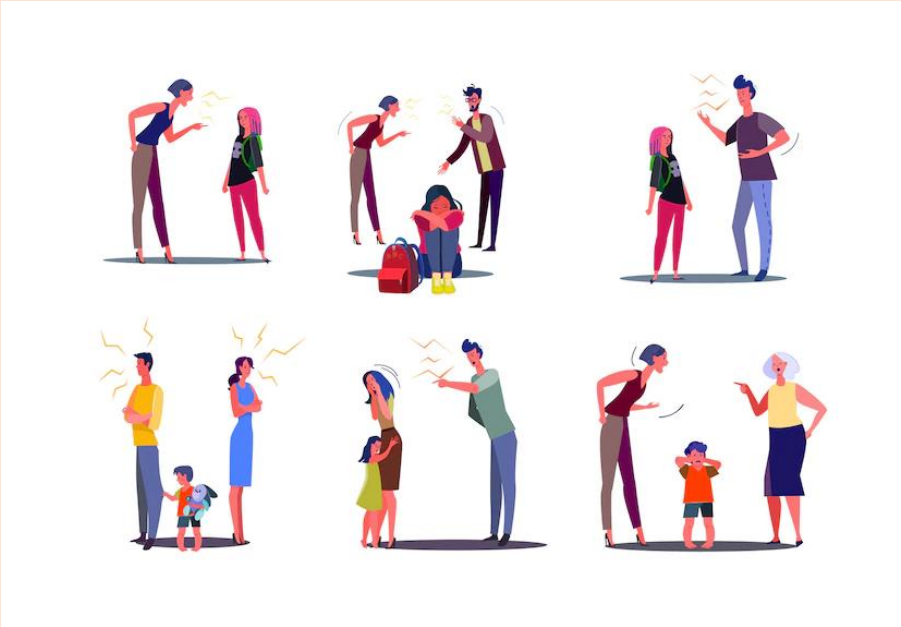
These issues often emerge in childhood and last through adulthood to old age. Importantly, a growing body of literature from both high- and low-income countries indicates that emotional abuse might have the most wide-ranging negative mental health impact of all childhood maltreatment types.

Emotional abuse is one of the hardest forms of abuse to recognize. It can be subtle and insidious or overt and manipulative. Either way, it chips away at the victim's self-esteem and they begin to doubt their perceptions and reality. The underlying goal of emotional abuse is to control the victim by discrediting, isolating, and silencing. In the end, the victim feels trapped. They are often too wounded to endure the relationship any longer, but also too afraid to leave.

The following examples of emotional abuse are given by Justice Canada:

- Threats of violence or abandonment
- Intentionally frightening
- Making an individual fear that they will not receive the food or care they need
- Lying
- Failing to check allegations of abuse against them
- Making derogative or slanderous statements about an individual to others
- Socially isolating an individual, failing to let them have visitors
- Withholding important information
- Demeaning an individual because of the language they speak

- Intentionally misinterpreting traditional practices
- Repeatedly raising the issue of death
- Telling an individual that they are too much trouble
- Ignoring or excessively criticizing
- Being over-familiar and disrespectful
- Unreasonably ordering an individual around; treating an individual like a servant or child



Behaviours in Emotionally Abusive Relationships, Marriages:

- These emotionally abusive behaviors seen in relationships, marriages, are all used to control the victim. Emotional abuse comes in many forms, they include:
- Financial abuse – the abuser does not allow the victim control over any of the finances
- Yelling
- Name-calling, blaming and shaming – forms of humiliation
- Isolation – controlling access to friends and family
- Threats and intimidation
- Denial and blame – denying or minimizing the abuse or blaming the victim; saying that the victim "made them do it"
- Patronizing. They belittle you by saying things like, “I know you try, but this is just beyond the scope of your brain.”

- Public embarrassment. They pick fights, share your secrets, or make fun of your shortcomings in public.
- Dismissiveness. You share something important to you and they reply with, “What? Who cares about that?” Body language like eye rolling, smirking, head shaking, and sighing help convey the same message.
- “Joking.” When you express discomfort with something they’ve said, they snap back, “Can’t you take a joke? Grow up.” You’re left feeling foolish and wondering whether you are, in fact, too sensitive.
- Insulting your appearance. As you head out, they stop you at the door. “You’re wearing that ridiculous outfit? No wonder you can’t get a date.” Or they constantly say you’re lucky they chose you, since they could find someone so much more attractive.
- Belittling your accomplishments. They brush off your achievements, saying they don’t matter, or claim responsibility for your successes.
- Putting down your interests. They suggest your hobby is a waste of time. “You’ll never be any good at the piano, so why do you keep trying?” Really, they’d rather you not participate in activities without them.
- Pushing your buttons. Once they find something that annoys you or makes you uncomfortable, they begin to mention it every chance they get, ignoring your requests that they stop.

Emotional Neglect and Isolation

Emotional Neglect leads to isolation and making others feel worthless. Often, they’ll also make an effort to isolate you by coming between you and your supportive loved ones, thus, leaving you more dependent on them. They try to:

- **Dehumanizing you.** They’ll intentionally look away when you’re talking or stare at something else when speaking to you in an effort to make you feel unimportant.
- **Keeping you from socializing.** Whenever you have plans to go out, they come up with a distraction or beg you not to go.
- **Invalidating you.** They might suggest or say straight out that your needs, boundaries, and desires don’t matter to them.
- **Trying to come between you and your family.** They’ll tell family members you don’t want to see them or make excuses why you can’t attend family functions. Later, they might tell *you* that your loved ones don’t care about you or think there’s something wrong with you.

- **Using the silent treatment.** They might ignore your attempts at conversation in person, via text, or over the phone.
- **Withholding affection.** They won't touch you, even to hold your hand or pat you on the shoulder. They may refuse to have any intimate contact if you offend them, or they want you to do something you don't want to do.
- **Shutting down communication.** They might wave you off, change the subject, or simply ignore you when you want to talk about important concerns.
- **Actively working to turn others against you.** They might tell other people in your life, including co-workers, friends, and even your family, that you lie, have lost touch with reality, or have had an emotional breakdown.
- **Denying support.** When you need emotional support or help with a problem, they might call you needy, say the world can't stop and wait on your problems, or tell you to toughen up and fix it yourself.
- **Interrupting.** They might get in your face when you're in the middle of an activity and take away your phone or anything else in your hands to let you know your attention should be on them.
- **Disputing your feelings.** No matter what feeling or emotion you express, they might insist you shouldn't feel that way. For example, "You shouldn't be angry over that," or "What have you got to feel sad about?"

How to prevent emotional Abuse

The first step in dealing with emotional abuse is learning to spot the signs. If you're not aware of the emotional abuse, you can't make it stop.

1. **Recognise signs of Abuse:**

- Humiliating Behaviour**:** You might feel like you're constantly being judged, degraded, or dismissed, especially in front of other people. An abuser might not give you credit for your accomplishments or say that your achievements are insignificant. Remember, emotional abuse does Not only happen in romantic relationship. It may be present anywhere. A friend, teacher, colleague, boss, or anyone could try to embarrass or dismiss you.

- Dominating and Controlling Behaviour: Your partner or peers may make you feel like you need their permission to live your life.
    - In a romantic relationship, an abusive partner might try to control your finances and make you ask permission before spending any money.
    - They might also want to know what you're doing at all times, and demand the password to your phone, email, and social media accounts.
- Violation of Personal Boundaries

2. Getting out of an Abusive Relationship:

- Acknowledge that your relationship is unhealthy: Keep in mind an emotionally abusive person will try to excuse their behavior, make you think their actions are normal, or blame you.
- Remind yourself that you are not to blame: You're not responsible for someone else's abusive behavior. You might ask yourself how you could have prevented the situation or scold yourself for letting it happen.
- Seek mental Heath support: If you find that you are in a codependent relationship with your abuser, a counselor can help you refocus. Some signs of codependency include difficulty making decisions, difficulty communicating, valuing your partner's approval above your own, poor self-esteem, and making excuses for your partner's behavior.
- A counselor can help you understand how serious the situation is, affirm that the abusive behavior is unacceptable, and help you both develop skills to improve your relationship. Involving a mental health professional might help your partner understand that they need to change their behavior, or the relationship must end.
- Keep safety First: End the relationship as long as it's safe to do so. If you live with an emotionally abusive partner and are concerned, they might become violent, you might not be able to safely leave right away. If necessary, develop a safety plan and get help from your loved ones and legal authorities.
- If you're upset about ending a relationship, lean on your trusted loved ones for emotional support. If you're leaving an unsafe situation, ask your loved ones if they can offer a place to live, accompany you to court appointments, provide childcare, and help you get back on your feet.

- Disengage from Abusive interactions, If Leaving is Not possible: Do your best to ignore their behavior, as long as it's safe to do so. If they become physically violent, call emergency services and put your safety plan into action.

  For example, if they insult you or dismiss your opinions, try to stay calm and ignore them. Instead of engaging them by showing them you're upset or explaining your opinion, try visualizing calm surroundings or singing a happy song to yourself.
    - Do what they say if you think you need to comply in order to prevent physical violence. For instance, you might need to let them look through your phone if they threaten violence.
    - Remember to get help and leave a physically abusive situation as soon as you can safely do so.

3. **Preventing Physical violence:**

    - **Develop a safety plan if you're concerned about physical violence.** Make sure it's physically and financially safe to leave an abusive situation before you act. Make arrangements with a friend or relative so you (and your children, if you have any) will have somewhere safe to go.
    - If you live an emotional abusive romantic partner, try to pack essential documents, such your driver's license, passport, social security card, and birth certificate. Try to pack medications, valuables, and any other essential valuables.
    - If possible, open a new bank account that your abusive partner can't access. Make a copy of your car keys and hide them in case your partner takes away your keys.
    - Memorize the phone numbers of trusted loved ones in case your partner takes away your phone. You could also get an emergency cell phone just in case.
- Get Restraining Orders if safety is an issue. Restraining orders can be sought from the local courthouse.

How to Stop Emotionally Abusing others

Yes, it can be very difficult to admit that you emotionally abuse and mistreat your partner, that you have a negative attitude, and your behavior is wrong. However, recognizing these signs and accepting your reality will enable you to avoid such toxic behavior.

1. **Addressing the Problem**

- Admit that you are emotionally Abusive: It takes lot of courage to examine yourself and admit that you are abusive towards your partners, friends, or friends. Keep in mind that many people who abuse other people have been abused themselves. You might consider talking with a therapist about your experiences to help you move past what has happened to you and stop treating other people the same way. Oftentimes, you can notice that you're abusing people when your relationships and even your professional life starts breaking down because of the ways you treat others.
- Identify the source of Abusive Behaviour: There is always a reason behind our actions. Take a close look of your triggers.
    - Take time to think about what other elements in your life are causing you stress, like work, conflict with a loved one or spouse, or financial issues.
    - Ask yourself questions like “Am I under too much pressure at work,” “Do I have any unresolved conflicts that follow me around,” or “Are there moments in my past that might be affecting my current behavior?”
    - Consider whether you are engaging in drug or alcohol use. Using substances can contribute to abusive behavior.
- Cut the source of Abusive behaviour out of your life: Take necessary steps to lower the source of abusive behaviour if you cannot quit it altogether.
    - Talk about quitting your job with a friend or family member if your work is causing too much stress.
    - Seek financial advice from a financial planner if you are struggling with debt or making ends meet.
    - If you suspect the source of your abusive behavior stems from an unresolved conflict or past trauma, seek out help from a therapist or counselor.

2. Changing Behaviour: Once you identify that you have abusive behaviour, it is time to adopt new habits which may help you to overcome old patterns.

    - Listen to the other person's experience: Taking time to sit down with those who you have emotionally abused to hear their experience will help you gain perspective on how you are being emotionally abusive and what the abuse's effects were. Listening to those you have abused may often feel like an attack or accusation in itself. Rather than responding with more abuse, try to listen without an immediate response
    - Take responsibility: old yourself responsible and accountable for all the emotional abuse you've caused throughout a relationship. Although there may be many different sources or causes, you are the only one who could prevent you abusing another. Taking responsibility and holding yourself accountable for abuse takes a lot of courage and is necessary to begin moving forward with understanding and changing your abusive behavior.
        - When discussing abuse, try using "I" statements like "I was too controlling when I wouldn't let you leave the house without me," or "What did it feel like when I was controlling?"

    - Respect the other Person's Response: Do not expect pity from people who you have abused at this point, but be willing to ask for support from trusted friends and family members. Being accountable and taking responsibility for the abuse you've caused is not about others forgiving you, but about changing yourself and respecting others. Those who you have abused may not be in a place to be able to forgive you, and trying to use your accountability to gain the forgiveness of another can be seen as an extension of the abusive dynamic.

    - Forgive Yourself: Reminder yourself of your commitment to change by telling yourself affirmations like, "Abusing others is a choice and I am going to do my best to change my behavior," or "I can change my behaviors with patience, the right help, and hard work.

3. Getting Help: Often, we cannot help ourselves, so it is always good to seek help from your friends, family or the professionals.
    - Life coaches can also provide consistent long term strategies for self improvement, although some are not trained to deal with more severe types of behavioral or physical abuse.

- Try cognitive behavioral therapy if you would like help processing traumatic experiences, such as previous abuse, loss of a loved one, or feeling disconnected from others, that might be causing abuse.
- Try family or group therapy if your abuse is occurring within your relationships with your spouse, children, or siblings.
- You can also look into support groups. Try looking to Emotions Anonymous to learn how to cope with difficult emotions
- Schedule weekly calls with a friend or family member to check in on your progress in therapy, conversations with those you have abused, or your general well-being.
- Be sure to seek out those who you feel comfortable being honest with about your abuse.

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HEALTHY LIFESTYLE

Rayhana Shah
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What is a healthy lifestyle?

A healthy lifestyle helps you enjoy all aspects of life with greater security and confidence. Being free of illnesses is just one part of it. A healthy lifestyle is also about your social and mental well-being, too. If leading such a life, you can become a more significant role model for your family and friends and inspire them by an example that can make all the difference in the world. Instilling healthy habits helps with development and future life. Some of the steps to take if you want to lead a healthier and more productive life for example eating healthy foods , exercise, and most important to stay away from alcohol and drugs. Alcohol and drug abuse often lead to lifestyle diseases that can cause financial and emotional distress. Some life activities and choices

can make a person abstain from drinking. Human beings can abstain from using alcohol and drugs by eating healthy, exercising, having a good relationship with others, and having a healthy mental state.

Healthy Eating

A person should develop healthy eating habits that mirror addiction caused by alcohol and other drugs. Foods that eliminate hangover caused by alcohol should be incorporated into the daily diet menu. For example, bananas, eggs, watermelon, pickles, honey, crackers, nuts, spinach, and kale are nutritious and can make a human being withdraw from consuming booze beverages in the long run.

Here are some quick tips about healthy eating goals:

Instead of changing your diet overnight, make your changes one at a time. Try adding something to your diet instead of taking something away. Add foods that you think you need more of, like fruits and vegetables. If you start off by taking things out of your diet—like foods that are high in fat or sugar—you might feel deprived. And that will make it harder for you to change.

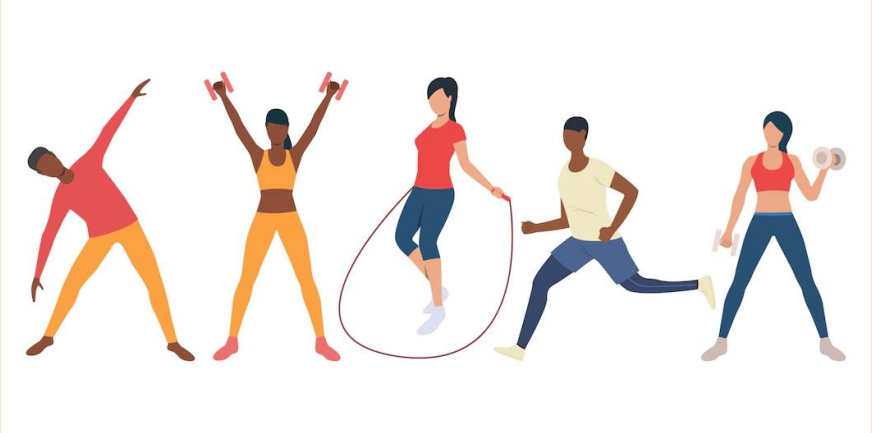
Choose more of the healthy foods that you enjoy. Make a list of the foods you like, and see how you can change them to make them healthier. For example, make pizza at home using low-fat mozzarella cheese and lots of fresh vegetables. Is there a special raw vegetable that you like? Stock up on it—and reach for it whenever you want a snack.

Write down your goals, and hang them up where you can see them. Reading your goals can be a helpful reminder. Track your progress Keeping track of your progress helps you see how far you've come. It also helps you stay with your plan. Use a notebook, journal, or food record form

to keep track of the healthy things you do. Look this over when you begin to doubt yourself or feel discouraged.

Exercises

Certain exercise programs help human begins mitigate against alcohol usage in their lives. The majority of people drink after work, and this time should be used to perform physical fitness processes. For example, after work or school, employees or students can spend some evening time running, jogging, or undertaking some Yoga with friends or peers. But first, people should assess their fitness levels before starting exercising. Body issues to check include pulse rate, kilograms, body mass, and waist circumference. This enables a person to have a healthy and robust exercise program, hence eliminating hooch usage throughout their life.



Relaxation

Relaxation helps in decreasing stress levels that can adversely impair human wellbeing. First, taking slow and deep breathing during exercise in the morning can help a person to relax. Lastly, after work-outs, a person can soak themselves in a warm bath for at least ten minutes. Mostly, this program can be done when a person feels like drinking or using drugs, and the ideal time is in the evening.

Hobbies and Activities

Choosing certain hobbies and activities may tempt a person to indulge in alcohol and drug use. A pastime may make a person associate with bad friends, hence influencing them to

indulge in alcohol and drug use. First, a person can read books, journals, and novels during their free time. Second, before sleeping, they can stay informed by watching news updates and dynamics. Last, during holidays and weekends, they can hike and play football with their friends. This makes them socialize, exercise and bond. Also, they can undertake gardening, pruning of flowers, and doing charitable events at the community level.

Good Emotional Control and Good Emotional Life

First, a person can enhance emotional control and good emotional life by socially connecting with others, hence minimizing their chances of using drugs and alcohol. For example, friends and family members are key people that can shape the emotions of a human being. Second, they should express their feelings appropriately to others. Lastly, they should take care of their physical health by working out and relaxing. You can manage your emotions also by Take a look at the impact of your emotions. Intense emotions aren't all bad, identify what you are feeling, accept your emotions, keep a mood journal , take deep breaths, know when to express yourself, give yourself some space. Learning how to control your emotions is not always easy and it takes practice and time but When you learn how to control your emotions, you can derive more positive, productive meanings, even from seemingly negative events.

How to control your emotions

Next time you’re faced with a situation that elicits strong feelings from you, pause to consider what meaning you’re going to attach to it. You can develop emotional control by using one of the following tactics:

1. TAKE A DEEP BREATH-Instead of reacting right away – whether positively or negatively – give yourself a moment to process what just happened.
2. FIND OUT WHAT YOU’RE FEELING-It’s easy to say, “I’m feeling angry because they hurt me.” Dig deeper. Are you angry because you’re afraid they’re right? Are you sad? Emotions are complex and often piggyback onto one another.
3. REPLACE NEGATIVE THOUGHTS-If your mind goes straight to how you’ve been wronged or how terrible everything is, divert yourself. Dwelling on negativity will only make you more prone to it, so focus on positive emotions. Change your thoughts and change your story.

4. CHANNEL YOUR ENERGY-Human emotions are incredibly powerful. Let that energy go by participating in some sort of physical activity – going for a run or a walk, or even shooting some hoops.

5. EXPLORE YOUR EMOTIONS-Why do you feel the way you do? Journaling or talking with a trusted friend or family member can help you understand why you're feeling what you do. Once you understand an emotion, it's that much easier to control it.

Good Relationships with Family Members

Family and real friends may advise a person to leave alcohol and drug indulgence completely. First, people should take interest in everyone's life. For example, when a family member is passing through hard times, they should be helped and counseled. Second, they should include every person in the decision-making process. Third, children and spouses should be loved and cared for. For example, they should be taken to recreational places and vacations. Lastly, people avoid fear and violence by obeying the law and leaving a spiritual life. Avoid getting angry by taking deep breaths , going for walks witch can help you calm your nerves and reduce anger change your surroundings , count to 10 in the time you are counting your heart rate starts to slow down and your anger will slowly subside , take time out and sit away from the other person , avoid bad situations where you know you can get upset .

How to Stay Away From Alcohol/Drugs to Enhance Family Balance

First, people should stay engaged in healthy life practices that can positively impact their social lives and help them abstain from drinking alcohol. First, working out, reading novels, and gardening during their free time can stimulate good and moral behaviors. Second, they should know that alcohol and drug use causes negative health disorders like liver cirrhosis, kidney damage, and throat cancer. Therefore, when a human being abstains from using alcohol, they will utilize the money that was meant for alcohol to pay fees, utilities, and other family investments.

Tips for taking care of your mental wellness

Stay informed but take breaks from social media and the news.

Follow local public health advice on gathering.

When practising physical distancing, stay socially connected to friends and family through:

- phone calls
- email

- video calls
- text or online messages
- social media
- letter mail

Practise mindfulness by:

- stretching
- meditating
- taking deep breaths
- Try to:
- eat healthy meals
- exercise regularly using the Canadian 24-hour movement guidelines
- get plenty of sleep
- limit your use of drugs and alcohol, if you can
- Focus on the positive aspects of your life and things you can control.
- Be kind and compassionate to yourself and others.
- Tips for taking care of your mental wellness
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Conclusion

Alcohol and drug abuse have caused havoc, mental distress, and diseases. Certain healthy lifestyle strategies can be adopted to mitigate this menace in the long-run perspective. First, a person can use their evening time to exercise and relax. By doing so, there is limited time left to drink alcohol. Second, hobbies and activities such as gardening, and reading can mitigate unhealthy life practices. Lastly, people should socially connect with others by sharing their plights, needs, and worries, and aspirations. This helps them to worry less and have good moral behaviors with family and friends

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IMPORTANCE OF PERSONAL GROWTH AND PERSONAL TIME

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Introduction:

What is personal space and personal ‘me time’?
It’s about being present with yourself; mind and body. ‘Me Time’ is the conscious effort of taking (much needed) time-out to recharge your batteries.
Personal space and personal me time are not for the ones who are mentally suffering or for lonely people. It is not a luxury or something un-reachable. It is a necessity.
As South Asians, asking for personal time seems so uncomfortable to others or to self. But it is normal and there is nothing wrong to spend some time by yourself. A lot of motivational

speakers and the successful people emphasise the importance of introspection and spending time on your own to really develop your potential.
A lot of people misunderstand this concept by labeling it acts of loneliness or being an introvert. But it has nothing to do with those things, it is simply just being with yourself.
There is a school of thought even in philosophy, it talks about how you should love yourself enough to be alone with yourself, imagine how difficult it would be for others to spend time with you if you can not do it with yourself?
Our personal spaces can help us to potentially avoid aggression and ultimately protect us from the stress. It is for both the sides, helping others and oneself from having problems with each other.
They say, ***"Familiarity breads contempt"***, it simply means that staying together with someone or others can lead to problems and disliking towards each other. When you are too much together then you skip the time of being alone and reflecting on yourself and your actions, you skip the time of understanding what is important to you and your growth, you skip the time of being productive.

'Me time':

Me time can be spent in a range of ways and can vary for person to person. It can be achieved through having a bath, reading a book, going for a walk, performing yoga, getting your hair or nails done, and so many more activities. Essentially, as long as you're alone with your thoughts and undertaking mindfulness during any activity, you're successfully spending some quality ME time.
Well, how exactly can you do this for your mind and body?
This can be different for everyone but breathing and focus are key ingredients. Consciously taking deep breaths in and out allows your body to turn off any stress induced Fight or Flight mode that may be subconsciously switched on and reset you to Rest and Digest mode. As you take deep breaths focus on different parts of your body, reconnecting your mind and body. Become aware of every single part of what makes you – YOU.
If you have any mind or body concerns, niggles, or aches – focus on them. Don't avoid any thoughts or concerns, delve into them. Talk to yourself internally. Ask yourself what might be going on to cause the issues and problem solve. If there's a problem you can't solve, that's okay, but remind yourself that you're safe. You won't always know the answers but accepting that will still do wonders for you. Getting in tune with your mind and body isn't hard, but it does take concerted effort.

Importance of 'Me Time':

As the saying goes, "you cannot pour from an empty cup"; similarly, your brain and body need to rest and re-energize in order to serve you well. As little as 5 minutes of "me time" is restorative, but at times, you may find that you require 24 hours or more to reset your mind and body.

A 2015 study by Dr. Almuth McDowell found that people who experienced high quality, rather than high-quantity, me-time enjoyed better work-life balance, wellbeing and were more engaged at work.

Dr McDowall shared: “Me-time is a much talked about concept usually because people lament that they don’t have any. Interestingly, we found that me-time doesn’t have to be solitary and is more beneficial if it involves freely chosen activities. Opinions varied whether mundane routine tasks, such as housework, count as me-time — doing the washing up does not reap benefits for everyone!

“Overall our research suggests if people take time out to recharge their batteries and experience the time taken out as high quality, this reaps benefits for their own psychological wellbeing, their family relationships, and for their employers as they are more likely to perform better at work.”

A 2012 survey of more than 18,000 people from 134 countries sought to learn what “taking time to rest” meant to the respondent. Survey results demonstrated that “spending time on my own” was the fourth most popular answer following reading, sleeping, and being in nature.

Besides the health, body, and mind benefits, we can also actively develop our self-reflection skills when we tend to spend more of our ‘me-time’. Since it gives you the time and ability to sit back, think, and relax while we run a recap of what we did in our day and how do we do better as a person.

Benefits:

1. **Stress relief:** A 2017 study found that people who were proactive about spending time alone experienced stress relief and relaxation. Solitary time alleviates concerns about pleasing others and provides an opportunity to engage in restful activities such as reading, journaling, and meditating. Time without distractions allows your mind to clear out and restore its focus.
2. **Time for reflection:** “Me time” allows you to develop your sense of self and cultivate an increased awareness of your values and interests without the distraction of others’ influence over you. Solitude enables you to focus on your own experience of and reactions to situations and circumstances. In turn, when your responses are authentic and grounded in your values, your self-confidence has the space to grow and expand. Additionally, “me time” creates space for you to practice gratitude, whether through a journal, written note to a friend or loved one, or silent reflection. Many people use their me time as an opportunity to set goals and develop plans to reach their goals.
3. **Strengthen Relationships:** “Me time” creates an opportunity for focused reflection and an honest self-assessment. On one hand, this time alone allows you to evaluate on a deeper level how you are feeling about the relationship and whether any changes need to be made. On the other hand, “me time” allows you the time and space to pursue your own interests and reconnect with who you are independent from the relationship.

4. **Explore creativity**: When outside stimuli are turned down and interruptions from friends, coworkers and family are not an issue, many people find that they are able to think more creatively. It is in times of solitude that new ideas are given voice, whether through art, writing, music, or academic expression, to name a few.
5. **Strengthen Mental Health**: Without the crutch offered by your support group, "me time" forces you to develop your resilience as you work out problems on your own.
6. **Improving emotional health**: Anger violence issues. Better emotional health is managed and improved if you spend some me time and focus on your emotions. You can also have a body scan meditation and that can help you send your 'me time' in a better way.
7. **Improving other issues that benefits mental health**: It helps in reduction of the addiction, drug use or any other lifestyle habits that can harm your physical, mental, and emotional health. People tend to mistake momentary pleasures with happiness when they are addicted to substances, therefore, spending a quality time doing introspection can help you recognize the difference between the two.

How could you spend your 'me time'?

1. **Breathing and focus:** Focusing on your breath is a powerful way to re-establish your mind-body connection when you only have a few minutes. Consciously taking deep breaths in and out allows your body to turn off any stress that has been subconsciously stimulated. This resets your body and mind away from "flight or fight" mode and towards "rest and digest".
2. **Unplug:** Taking a break from technology is easier than many people make it out to be – it just takes planning. Turn off all notifications on your phone and make sure that a

designated person knows how to reach you if an emergency arises. Then, relax. Take the opportunity to indulge in a nap or write in a journal, focusing on that activity alone while maintaining a posture of self-acceptance and self-love.

Ideally, you will have set aside an hour or more for uninterrupted quiet time. Pick up a physical book (not on a device) – feel and appreciate the process through which it was constructed. Notice the pages, the weight of it, the font, and the binding. Restoring yourself to things that have weight and mass (not binary code) can be energizing on its own.

3. **Get Creative:** A great way to spend your "me time" is to indulge in pastimes that you might not have engaged in since your childhood, such as painting, playing a musical instrument, throwing pottery, writing fiction, or making crafts.
4. **Indulge in a hobby:** Engage in a hobby that brings you joy, whether it's gardening or shopping, or even window-shopping. It can be reinvigorating to browse catalogs related to your hobby or to do research related to your interests. Similarly, browse adult education classes online, whether through university or a certificate program. You may choose to take an online class whereby you can develop a new hobby or learn a new language.
5. **Call an old friend:** Getting in touch with someone important to you can give you a boost and remind you of shared good times and support. Make plans to get together in person.
6. **Treat yourself:** Treat yourself to a solo date in which you take as good care of yourself as you would if you were to be with a friend. Put on comfortable clothing, turn off all distractions from devices, and snuggle up to watch your favorite TV program or movie. Order in food and have a special, out-of-the-ordinary beverage. Similarly, you may choose to take yourself out on the town. Spend an afternoon at the movies, or spend a few lazy hours at a coffee shop indulging in a book or creative activity.
7. **Chip away at a goal:** If you have a plan for the year or a bucket list, spend time making progress on your goal. Do research, make phone calls, or otherwise make meaningful, enjoyable, and fulfilling progress towards your dreams.
8. **Upgrade your personal care:** Challenge yourself to spend two hours on self-care. Create a spa experience at home – take a bath, paint your nails, and indulge in aromatherapy products. As you enjoy the environment you have created, take long, deep breaths and envision the warm water washing away any tensions or negativity you may be holding onto.
9. **Clear your head through mindless activity:** Pick up an adult coloring book and turn on some instrumental music. Sitting idly can evoke stress for some people – if that sounds like you, engage in a low-key home project, such as cleaning out a closet or wiping down cabinets. Ticking something off your list and making headway can be a form of self-care if it helps you to feel cared for.

10. **Exercise:** This can be as simple as going for a walk around the block, taking a virtual yoga class at home, or going to the gym for an upbeat Zumba class.

How to find your "Me Time" and self-reflection-introspection time?

1. **Set your intention:** Before you engage in the tactical process of finding "me time", you must first set an intention of following through on any plans that you make. This sounds basic, but the easiest person to cancel plans with is ourselves. Think of it this way: if a friend says she wants to get together with you but never shows up at the designated time, the message is clear: you are not high on her priority list. Similarly, if you plan to carve out "me time" but then repeatedly bail, "me time" is not high on your list of priorities.
2. **Schedule it**: Set a calendar appointment with yourself each week just like you would with a doctor or dentist or work appointment. Rename the alarm on your phone "me time" so that when it goes off, you are reminded of your intention and follow through.
3. **Be disciplined:** If you are having difficulty setting aside "me time", go to bed or wake up 20 min earlier. Then, make it count. If you set aside "me time" only to spend it doing tasks that drain your energy or steal your joy, you have not accomplished what you set out to do. Make your plan, then stick to it.
4. **Delegate:** Take an honest look at your responsibilities and your resources. If you are unable to find time for yourself, you may need to delegate certain tasks to others. If you are able to do so financially, invest in services like grocery delivery or house cleaning. If you have children, book a standing babysitter. Find someone who will keep your kids for you every week or every other week on a certain evening. If you have a spouse, you can each use this time to do something that you each want to do – it doesn't have to be together!

5. **Check Your Email at Designated Times:** This tip may seem out of place, but hear me out because it's a game-changer! If you are in a position of autonomy at work and are expected to focus your time on big-picture tasks, there is no need for you to check your email constantly. Instead, pause your inbox so that you only receive emails at dedicated times of the day. You will still be able to work within your inbox and send messages out – a "pause" simply delays the flood in and reduces feelings of overwhelm at the same time. You will work more efficiently this way and will be surprised just how quickly you can go through your emails when you are not interrupting your work with every email that comes in.
6. **Mind replay movie:** Actively replay your day in your head, check yourself, your actions and you're intentions, remind yourself your behaviours and think about how you would overcome your problems. Think about your social skills, behavioural patterns, and your reactions towards people around you. Think about your relationships with others and how

could you improve them. Think about the moments that hurt you and how would you like to communicate with other people.

Conclusion:

Claiming to have no me time is about feeling like we have made lots of commitments. These commitments may be things we really, really love (like going out with friends, staying too much with your partner, siting with family and talking etc.). But though they are freely chosen leisure activities, they aren't solo downtime. The colloquial definition of me time may not be time spent doing things for yourself, but doing them by yourself, and hence one's perception of me time has little to do with the actual quantity of time spent on relaxing, stress-reducing activities.

It is amazing how our mind and body communicate with us, and regularly undertaking Me Time allows you to understand their messages and take actions according to what you need to be healthy.

Therefore, enjoy some 'Me Time', and your mind and body will thank you for it! Take the time today to schedule your "me time". You cannot pour from an empty cup, so fill yours up today!

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SUBSTANCE ABUSE

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Introduction:
Substance abuse is the medical term used to describe a pattern of using a substance (drug) that causes significant problems or distress. This may include missing work, school, important deadlines or using the substance in dangerous situations, such as driving a car. It may lead to substance-related legal problems, or continued substance use that interferes with friendships, family relationships, or both. Substance abuse, as a recognized medical brain disorder, refers to the abuse of illegal substances, such as marijuana, heroin, cocaine, or methamphetamine. Or it may be the abuse of legal substances, such as alcohol, nicotine, or prescription medicines. Alcohol is the most common legal drug of abuse (Johns Hopkins Medicine, n.d).
failure to fulfill major roles at work, school or home, use in physically hazardous situations, recurrent alcohol or drug related problems, and continued use despite social or interpersonal problems caused or intensified by alcohol or drugs.

Dependence is when at least three of the following occur in the same 12-month period: increased tolerance, withdrawal, increased consumption, unsuccessful efforts to quit, a lot of time lost recovering or using, reduced activity, and continued use despite persistent physical or psychological problems caused or intensified by alcohol or drugs.

Causes
Abuse is characterized by a pattern of recurrent use where at least one of the following occurs:

Substance abuse and dependence are caused by multiple factors, including genetic vulnerability/ predisposition. Sometimes there is a family history of addiction and that really contributes to drug addiction. Environmental stressors like a tensed home environment, lack of parental attachment in childhood or a low social economic status can be a reason for using drugs. Social pressures like peer pressure, financial difficulties, divorce or loss of a loved one, relationship issues or sometimes even a long-term tobacco habit can lead to drug addiction. It is hard to determine which factor is the biggest influence for substance abuse. In addition, to these factors cultural and societal factors also determine what are acceptable forms of drug or alcohol use. According to statistics Canada, approximately 21.6% of Canadians (about 6 million people) met the criteria for a substance use disorder during their lifetime. Alcohol was the most common substance for which people met the criteria for abuse or dependence at 18.1%. More Canadians had symptoms of cannabis abuse or dependence in their lifetime (6.8%) compared with other drugs (Pearson, C., Janz, T. & Ali, J, 2013, p 1).
While males and females had similar rates of other (non-cannabis) drug abuse or dependence over the past year, males had higher rates of abuse of or dependence on alcohol and cannabis than did females. That is, approximately 4.7% of males and 1.7% of females met the criteria for alcohol abuse or dependence in the past year; and 1.9% of males and 0.7% of females met the criteria for cannabis abuse or dependence (Pearson, C., Janz, T. & Ali, J, 2013, p 1).

Signs of Dependency on drugs

Signs of dependence includes:

- Tolerance to or need for increased amounts of the drug to get an effect
- Withdrawal symptoms that happen if you decrease or stop using the drug that you find difficult to cut down or quit
- Spending a lot of time to get, use, and recover from the effects of using drugs
- Withdrawal from social and recreational activities
- Continued use of the drug even though you are aware of the physical, psychological, and family or social problems that are caused by your ongoing drug abuse

Symptoms of Substance Abuse:

- Using or drinking larger amounts or over longer periods of time than planned.
- Continually wanting or unsuccessfully trying to cut down or control use of drugs or alcohol.
- Spending a lot of time getting, using, or recovering from use of drugs or alcohol.
- Craving, or a strong desire to use drugs or alcohol.
- Ongoing drug or alcohol use that interferes with work, school, or home duties.
- Using drugs or alcohol even with continued relationship problems caused by use.
- Giving up or reducing activities because of drug or alcohol use
- Taking risks, such as sexual risks or driving under the influence.
- Continually using drugs or alcohol even though it is causing or adding to physical or psychological problems.
- Developing tolerance or the need to use more drugs or alcohol to get the same effect. Or using the same number of drugs or alcohol, but without the same effect.
- Having withdrawal symptoms if not using drugs or alcohol. Or using alcohol or another drug to avoid such symptoms.

Clinical Features:

Clinical findings often depend on the substance abused, the frequency of use, and the length of time since last used, and may include weight loss, constant fatigue, red eyes, little concern for hygiene, lab abnormalities, unexpected abnormalities in heart rate or blood pressure and depression, anxiety, or sleep problems.

Treatment

There are various treatment methods. One of them include; substance abuse or dependency programs. These programs offer individual, group or family therapy sessions, focus on understanding the nature of addiction, becoming drug-free and preventing relapse and levels of care and settings that vary depending on your needs, such as outpatient, residential and inpatient programs (Mayo clinic, n.d).

Another treatment option is detoxification. The goal of detoxification, also called "detox" or withdrawal therapy, is to enable you to stop taking the addicting drug as quickly and safely as possible. For some people, it may be safe to undergo withdrawal therapy on an outpatient basis. Others may need admission to a hospital or a residential treatment center (Mayo clinic, n,d).

Opioid overdose, in an opioid overdose, naloxone, an opioid antagonist, can be given by emergency responders, or in some states, by anyone who witnesses an overdose. Naloxone temporarily reverses the effects of opioid drugs. If you ever see a person who is experiencing overdose you should always give them naloxone. It is available over the counter; it can be injected in the thigh and there is also a nasal spray available. It is important to keep in mind that after giving naloxone seeking immediate medical is necessary (Mayo clinic, n,d).

Behavior therapy is also an effective treatment option. As part of a drug treatment program, behavior therapy is a form of psychotherapy. It can be done by a psychologist or psychiatrist, or you may receive counseling from a licensed alcohol and drug counselor. Therapy and counseling may be done with an individual, a family or a group. The therapist or counselor can:

- Help you develop ways to cope with your drug cravings

- Suggest strategies to avoid drugs and prevent relapse
- Offer suggestions on how to deal with a relapse if it occurs
- Talk about issues regarding your job, legal problems, and relationships with family and friends
- Include family members to help them develop better communication skills and be supportive
- Address other mental health conditions

Prevention of substance Abuse:

To prevent substance abuse, it is important to understand how substance abuse develops. It is also important to develop healthy friendships and relationships by avoiding friends or family members who pressure you to use substances. It's often said "we become most like those we surround ourselves by," meaning if you surround yourself with people who abuse drugs and alcohol you are more likely to as well. Seeking help for mental illness also helps in preventing substance abuse. Mental illness and substance abuse often go hand in hand. If you are dealing with a mental illness such as anxiety, depression or post-traumatic stress disorder you should seek professional help from a licensed therapist or counselor. A professional will provide you with healthy coping skills to alleviate your symptoms without turning to drugs and alcohol. It is important to keep a well-balanced life. Relaxation exercises can help lessen anxiety for example; Taking a slow breath through the nose and breathing out through the nose at least 10 times or until you feel the anxiety lessen. People often turn to drugs and alcohol when something in their life is missing or not working. Practicing stress management skills can help you overcome these life stressors and will help you live a balanced and healthy life. Develop goals and dreams for your future. These will help you focus on what you want and help you realize that drugs and alcohol will simply get in the way and hinder you from achieving your goals (Prairie View A & M University, n.d).

Conclusion:

Developing an addiction to drugs isn't a character flaw or a sign of weakness, and it takes more than willpower to overcome the problem. Abusing illegal or certain prescription drugs can create changes in the brain, causing powerful cravings and a compulsion to use that makes sobriety seem like an impossible goal. But recovery is never out of reach, no matter how hopeless your situation seems or how many times you've tried and failed before. With the right treatment and support, change is always possible. It's also normal to feel conflicted about giving up your drug of choice, even when you know it's causing problems in your life. Recovery requires time, motivation, and support, but by making a commitment to change, you can overcome your addiction and regain control of your life. Committing to sobriety involves changing many things, including the way you deal with stress, who you allow in your life, what you do in your free time and how you think about yourself.

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HARMFUL EFFECTS OF ALCOHOL AND DRUGS

Jasneet Gill
Seneca College

Introduction:

What is the effect of drinking Alcohol?

The short term effect of alcohol is many feelings consisting of: feelings of relaxation or drowsiness

- a sense of euphoria or giddiness
- changes in mood
- lowered inhibitions
- impulsive behaviour
- slowed or slurred speech
- nausea and vomiting
- diarrhea
- head pain
- changes in hearing, vision, and perception
- loss of coordination
- trouble focusing or making decisions
- loss of consciousness or gaps in memory (often called a blackout)

Long term effects :

Some long-term effects of frequently drinking alcohol include:

- persistent changes in mood, including anxiety and irritability
- insomnia and other sleep concerns
- a weakened immune system, meaning you might get sick more often
- changes in libido and sexual function
- changes in appetite and weight
- problems with memory and concentration
- difficulty focusing on tasks
- increased tension and conflict in romantic and family relationships

We understand that alcohol can affect the body seriously but as well as physical, mental health and many areas of family, work, financial, social, legal, and relationships.

In relationships, we know drinking can affect many aspects of relationships :

- Neglect of important duties: alcohol can impair one's cognitive functions and physical capabilities, which will result in neglect of responsibilities associated

with work, home life, or school
- Need more time to recover from a hangover: the short effect of alcohol is temporary but it can disrupt one's ability to eat, sleep or lack exercise.
- Running into an illegal problem: drinking can increase inhibitions of getting into fights, showing conduct behaviours in public, reckless driving, or involving violence.

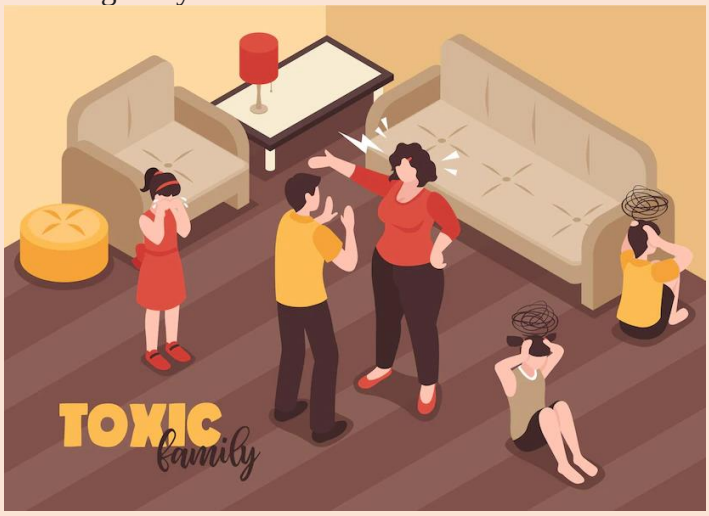
We know individuals that will use alcohol to help them deal with a stressor to relieve stress from school or work but overtime if alcohol increases. It can create dependences once the brain is psychology hooked on it.

Alcohol and Financial

We know alcohol is not free, many individuals will make allowance for activities expenses which
can be alcohol and drugs. Although buying alcohol and consuming alcohol or drugs can lead to serious financial problems because your inhibitions are lower and easily manipulated by alcohol or drugs that buying tangible items while being under the influences can create consequences such as spending too much money, not being aware of how much money you have lost due to drinking.

Alcohol and Education/ Work

Alcohol affects all aspects of life, productivity can be suffered through grades, lack of completion of tasks given at work or not attending school or work on time. Also, long-time drinkers or consumers of drugs may have to leave their work earlier to manage health problems.



Alcohol and Relationships

Alcohol abuse can be a big stressor in relationships or within families. A parent, elder, aunt or uncle and spouses can be easily abused by alcohol or drugs but many individuals will feel like they are the problem when a family member or spouse is drinking heavily. Also, spouses are in a place to unconditionally support one another. Drinking or consuming drugs can cause issues in the relationships to either seek help from a professional or some will actively avoid help because one might feel embarrassed. According to National Institute on Alcohol abuse, there are common problems that arise within families.

● Marital conflict

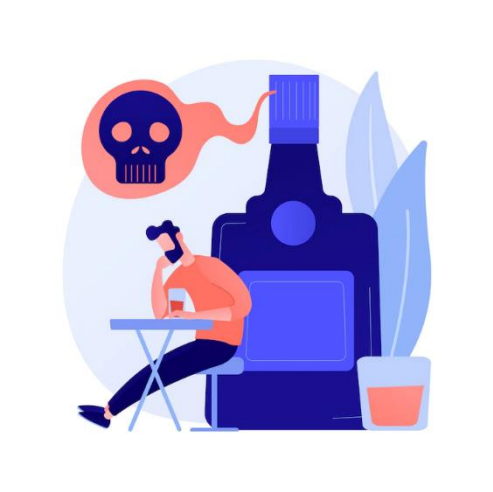
● Infidelity
● Domestic violence
● Unplanned pregnancy
● Financial instability
● Stress
● Jealousy
● Divorce

Alcohol and Mental

Although we know that a drink will help us soothe stress after a long day but in a long term, it can cause issues in our mental issues from depression, anxiety to suicide. First, we must learn what our brain chemistry does when we drink alcohol. Alcohol is a depressant, meaning it can affect the way you think, feel, act and balance. The initial relaxed feeling you get after one drink is your brain changing chemicals that are caused in your brain. For some people, a drink can make them feel confident and less anxious which suppresses their inhibitions. As we drink more, the impact on the brain increase and the function, it is possible that a drink can make someone be more aggressive, angry, depressed or anxious.

Alcohol and Anxiety

When consuming alcohol, we might feel depressed, anxious, or angry but when a person drinks tye might experience anxiety in certain situations and can be misinterpreted as a threatening event. A tip to reduce anxiety is to practise breathing techniques or exercise or yoga. As well as talking to someone you trust.



Alcohol and Legal

In all cases, alcohol should be prohibited at work and some workplaces have different policies when it comes to alcohol consumption. Over 10,000 people die every year due to drinking-and-driving accidents, but that’s not the only consequence that comes with driving under the influence (DUI). Legal consequences can include:

● Jail time.
● Loss of employment.
● Loss of custody of children.
● Court-ordered alcoholism treatment.

If the DUI results in a manslaughter conviction, consequences can include the loss of:
- Financial aid for college.
- Voting rights.
- Public housing benefits.
- The right to own a firearm.
- Employment in certain fields.
- Professional licensing.
- Parental rights.
- Passports.

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(All the illustrations used in this issue, are taken from Canva and Freepick.)

SACHSS REHAB & DROP IN CENTRE

We are happy and pleased to inform you that because of all the support, help and patronage from all our patrons, we opened our SACHSS Rehab and Drop-in Centre at 22 Melanie Drive, Unit 8, Brampton. Ontario. L6T 4K9. (Near Steeles & Melanie).

We now have our Thursdays Evenings 6- 8 pm Healthy Living Group at our new premises.

All are welcome.

SACHSS SENIORS PROGRAM
Who? All Seniors and family members are invited.
When? 1st Saturday of Every Month, from 11 am to 1 pm at
Where? SACHSS Centre at 22 Melanie Drive, Units 6 & 7, Brampton. ON. L6T 4K9. (South of Steeles & Melanie, near Steeles and Torbram)
What? SENIORS PROGRAM ACTIVITIES:
Presentations
Discussions
Fun Activities
Get Together
Refreshments
Free Program
.

SACHSS WOMEN'S PROGRAM
Who? All women and girls of all ages are invited.
When? 2nd Saturday of Every Month, from 11.30 am to 1.30 pm at
Where? SACHSS Centre at 22 Melanie Drive, Unit 8, Brampton. ON. L6T 4K9. (South of Steeles & Melanie)
What? WOMEN'S PROGRAM ACTIVITIES:
Presentations
Discussions
Fun Activities
Get Together
Refreshments
Free Program

SACHSS YOUTH PROGRAM
Who? All youths are invited.
When? Last Saturday of Every Month, from 11 AM 1 PM at
Where? SACHSS Centre at 22 Melanie Drive, Unit 8, Brampton. ON. L6T 4K9. (South of Steeles & Melanie)
What? YOUTH PROGRAM ACTIVITIES:
Presentations
Discussions
Fun Activities
Get Together

Refreshments
Free Program

SACHSS FOOD BANK & OUTREACH PROGRAM

SOUTH ASIAN CANADIANS HEALTH & SOCIAL SERVICES - SACHSS

BRAMPTON.ONTARIO. WWW.SACHSS.CA

SACHSS FOOD BANK, 26 LINDEN CRESCENT, BRAMPTON. ON. L6S 4A2.

IF YOU OR ANYONE YOU KNOW OF, NEED ANY FOOD, PLEASE CALL US AT 647-718-0786 OR 416-884-6198 AND MAKE APPOINTMENTS AND CAN PICK UP FOOD FROM 2 PM TO 4 PM ON TUESDAYS AT

SACHSS FOOD BANK, 26 LINDEN CRESCENT, BRAMPTON. ON. L6S 4A2.

FOR THOSE WHO CANNOT PICK UP FOOD, WITH THE HELP OF OUR TEAM MEMBERS, WE ARE ALSO DROPPING OFF FOOD AT THEIR HOMES.

PLEASE SPREAD THE WORD AND LET US KNOW IF ANYONE NEEDS ANY HELP WITH FOOD AND GROCERIES.

WE THANK HHI – HELPING HEALTH INTERNATIONAL, BRAMPTON &

IQBAL FOODS, MISSISSAUGA

FOR HELPING US WITH OUR SACHSS FOOD BANK & OUTREACH PROGRAM

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SACHSS

South Asian Canadians Health & Social Services- SACHSS

Not for profit Charity Organization (Registered) Ontario, Canada

22 Melanie Drive, Unit 8, Brampton. Ontario. L6T 4K9. Canada
Phone: 647-718-0786. Website: www.sachss.org

South Asian Canadians Health & Social Services (SACHSS) is a registered not for profit charity organization. SACHSS provides culturally and linguistically appropriate services to South Asian and other communities. SACHSS services include Health Education, Health Promotion, Mental Health, Addiction, Stress Management, Anger Management and related social issues and social and recreational programs. SACHSS provides services in Hindi, Punjabi, Urdu, Tamil, Gujarati, Malayalam, Sindhi, Arabic, French and English.

For contact: 647-718-0786 416-884-6198 maher2004@gmail.com

COVID-19 ANNOUNCEMENT

OUR SERVICES ARE CONTINUING ONLINE ON ZOOM VIDEO PROGRAMS AND ON TELEPHONE DURING THIS COVID-19 PANDEMIC. OUR OUTREAH PROGRAM IS CONTINUING IN PERSON.

For telephone counselling and telephone services please call 647-718-0786.

For other online services please contact us through 647-718-0786 or info.sachss@gmail.com or maher2004@gmail.com

We will resume our regular in person services once the Covid 19 pandemic situation improves.

SACHSS HELPLINE
PLEASE CALL FOR ANY CRISIS OR HELP
SACHSS HELPLINE 289-778-2760