

CLEAR HEALTH BENEFITS UPDATE

December 2024

The practice of being “present” and giving our full attention is easier said than done, especially when the holiday season is right around the corner and distractions are all around us.

A friendly reminder to stay mindful and try to be “present” in all your actions.

Below is our “Wellness Wednesday” tip of the week!



November Was Diabetes Awareness Month

November is Diabetes Awareness Month, a time when individuals, community groups and organizations around the globe bring attention to diabetes and urge action to tackle the epidemic. With 1 in 3 people in Canada affected by diabetes, chances are you or someone in your life is impacted.

Did You Know...

- 1 in 2 young adults are at risk of developing type 2 diabetes in their remaining lifetime.
- Every 3 minutes a Canadian is diagnosed with diabetes or prediabetes.
- The number of cases of diagnosed diabetes is predicted to increase 26% within the next decade.

This year's campaign, Let's Make Time, focuses on taking the time to learn about the realities of living with diabetes and educating ourselves on this complex condition. Everyone has the same number of hours in a day, but people living with diabetes must dedicate a significant amount of their time and energy to managing their condition. They are constantly thinking about their blood sugar levels, monitoring their insulin intake, and

facing interruptions in their daily tasks. Diabetes demands their attention and can often take up a large part of their day.

It's time to increase education and awareness, and to ensure that everyone living with diabetes has access to the care and resources they need to live a healthy life. Please see the tips below on how you and your organization can bring awareness to National Diabetes Month and World Diabetes Day on November 14th.

How to get involved in Diabetes Awareness Month:

- Post an image or video on social media using hashtag #DiabetesAwarenessMonth, #LetsEndDiabetes or #LestMakeTime and tag @diabetescanada. You can do this on Twitter, Facebook, TikTok, Instagram...
- Ask a colleague or loved one who has diabetes how it affects them and how you might be able to support them.
- Wear blue and empower those who ask you with knowledge about [diabetes and how it can affect people](#).
- Learn the [signs and symptoms](#)
- Take the 2-minute [CANRISK test](#) to find out your risk of developing diabetes.
- If you think you may have diabetes, get tested.

Stress Awareness

November was also International Stress Awareness Week. The goal - to raise awareness about stress and its impact on mental and physical well-being. The week aims to encourage individuals and organizations to discuss, recognize, and address stress-related issues openly, promoting a culture where seeking support is normalized and valued. This year, the focus is on promoting resilience, building health coping strategies and fostering mental wellness in both personal and professional environments.

Stress is a universal part of life, and it can be categorised into two main types: good stress and bad stress. Good stress arises from positive, challenging experiences and can be motivating, while bad stress stems from negative or overwhelming situations and can have detrimental effects on our wellbeing. Learning to implement creative ways to reduce “bad” stress is a vital part of making the most out of life. Failure to deal with stress effectively can lead to serious health problems, including increased blood pressure, susceptibility to heart disease, and a decline in the immune system. Please click [here](#) for Tips to de-stress at work, from our CMHA Not MySelf Today partner program.