



# GFS CLINIC NEWSLETTER

09 OCT  
2023

## Breast Cancer Awareness Month

October has been recognized as the Pink Month in a global effort to raise awareness about breast cancer. Pink Month is a month dedicated to educating people about breast cancer, including early detection, signs and symptoms of breast cancer.

Breast cancer is the most prevalent cancer among women in both the developed and under developed worlds according to the World Health Organization. Breast cancer accounts for nearly 20% of all cancer cases in the UAE and is the second most significant cause of death among women after cardiovascular conditions.

### How to Participate in Breast Cancer Awareness Month?

Participating in Breast Cancer Awareness Month can make a significant impact in the fight against breast cancer. Here are ways to get involved:

- **Self-Exams:** Perform regular breast self-exams to become familiar with your breasts and promptly report any changes to your healthcare provider.
- **Clinical Exams:** Schedule regular clinical breast exams with your healthcare provider, especially if you are over the age of 40.
- **Mammograms:** If you are of screening age, schedule and undergo regular mammograms as recommended by your healthcare provider.
- **Donate:** Contribute to breast cancer research, advocacy, and support organizations through donations.
- **Participate in Fundraisers:** Join or organize fundraisers, such as charity walks or runs, to support breast cancer-related causes.
- **Wear Pink:** Show your support by wearing pink ribbons, clothing, or accessories to raise awareness.
- **Share Information:** Use social media to share breast cancer awareness facts, stories, and resources using #BreastCancerAwarenessMonth.

## World Mental Health Day 10th Oct

**Theme: 'Mental Health is a universal human right'**

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

### What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- Adverse Childhood Experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes.
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

### Healthy Ways to Cope with Stress

- Take breaks from news stories, including those on social media. It's good to be informed, but constant information about negative events can be upsetting.
- Take care of your body: Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:
  - Eat healthy
  - Get enough sleep
  - Move more and sit less
- Limit alcohol intake
- Avoid using illegal drugs or prescription drugs
- Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good.
- Continue with regular health appointments, tests, screenings, and vaccinations.
- Make time to unwind.
- Connect with others.
  - Talk with people you trust about your concerns and how you are feeling.
  - Connect with your community-based or faith-based organizations.

**Your Mental Health Matters**



# GFS SCHOOL COUNCELLOR

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## World Mental Health Day

Every year we celebrate World Mental Health Day on 10 October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. It's also a chance to talk about mental health how we need to look after it, and how important it is to get help if you are struggling.

Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.

### Talking about your own mental health:

#### 1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

#### 2. Think about the best place to talk.

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

#### 3. Prepare yourself for their reaction.

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practice self-care.

### Talking to someone about their mental health:

#### 1. Find a good space to talk without distractions

If you're worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

#### 2. Listen and ask questions

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you're actively listening. But make sure the questions are relevant to what they're saying, and not changing the subject.

#### 3. Ask how you can help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment, help around the house, or just for you to keep things normal and chat about what's going on in your life.

**Come together with friends, families or colleagues this World Mental Health Day**