

HEALTHY BITS

OFFICIAL HEALTH PROMOTION BULLETIN OF 8 WING CFB TRENTON
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Stress Management

Stress is your body's physical and emotional response to new or challenging situations. It is a normal occurrence that everyone will face in their life at least once. Experiencing stress can forge a healthy sense of our ability to solve problems. However, when stress becomes long term, it can lead to adverse health problems.

Chronic stress can lead to feelings of fear, anger, sadness, worry, and frustration. It has the ability to alter our appetite, interests and can give us sleeping problems. Negative coping mechanisms such as substance use or abuse can be a result of prolonged exposure to a stressor that is not dealt with in a positive way. Stress can also worsen existing physical and mental health conditions.

Learning to cope in a healthy manner can improve our ability to handle stress. Taking small steps in life can have a big impact on your long term ability to develop resilience. How we manage stress varies with each individual and not all methods work for everyone. The key is to find what works best for you.

Exercise is one of the best and most common coping mechanisms. Regular physical activity has been shown to reduce stress, anxiety and depression while helping you maintain a healthy weight and better sleep patterns. It can provide more positive results than taking antidepressant medication. If you find a form of exercise that you enjoy then stick with it. Consistency is key.

Meditation is another relatively simple tool that can be applied to your everyday routine. It can be as easy as taking a few minutes to find a quiet place and sit in silence. Focusing on nothing else but your breathing. When practiced with regularity, it provides numerous physical and mental benefits by inducing deep relaxation and enhancing mindfulness while reducing stress.

Third, the practice of gratitude involves consciously looking for things for which to be grateful. It might be as simple as a cool breeze on a hot day or running water – things we often take for granted. Keeping a gratitude journal is a great way to implement this coping mechanism. When you feel stressed, consider practicing gratitude to boost your spirits and refocus your thoughts.

Lastly, as humans we are not meant to be socially isolated. It is important to have a support system or someone who is a good listener. Disclosing stressful feelings and thoughts is a good way to work through them and receive support. You may be going through the same stressors as others and realize that you are not alone!

UPCOMING HP PROGRAMMING

Managing Angry Moments

MAM

11 August

InterComm

**2 x days over consecutive weeks
18 & 25 August**

Alcohol Other Drugs Gambling and Gaming Awareness

AODGGA

27 & 28 August



Healthy Eats!



Sweet Potato Egg Breakfast

Ingredients

- 2 Sweet Potatoes, skin on
- 2 Tbsp. extra-virgin olive oil
- 2-4 eggs
- 1/2 tsp. Black pepper
- 1/2 tsp. kosher salt
- 2 Tbsp. Crumbed Feta cheese
- 2 Tbsp. za'atar (Middle Eastern Spice Mix)
- 1 Tbsp. Chopped fresh parsley

Directions

Step 1

Bake sweet potato halves at 400F for 30mins, rub them with olive oil and place them cut side down on a parchment lined baking sheet. Bake until fork tender. These can be prepped in advance to save on subsequent cooking time.

Step 2

In a skillet with olive oil crack the desired amount of eggs (2-4) and cook until the whites are fully set and the edges are golden, approx 3-4mins. Season lightly with Salt and Pepper.

Step 3

Cut the sweet potato in half, this is where you will put the eggs.

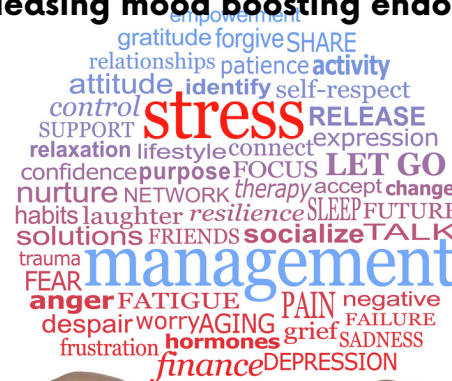
Step 4

Top each sweet potato half with the fried eggs. Sprinkle with feta, za'atar, pepper, and parsley. Serve immediately.

Breakfast

Did you know?

- 1) Stress is your body's automatic "fight or flight" response to a perceived threat or demand.
- 2) High Stress suppresses your digestive system, causing stomach-aches, nausea, and changes to your bowel movements.
- 3) Any form of physical activity is a proven stress buster. It helps lower cortisol levels while releasing mood boosting endorphins.



Stress Facts

- 1) Over 1 in 4 Canadians report daily stress levels in the high to severe range.
- 2) Around 40% of Canadians report that their personal stress levels are greater than the previous years.
- 3) Work related mental health issues account for over three quarters of short-term disability claims in Canada and cost employers approximately \$20 billion annually.
- 4) Economic conditions are taking a toll, with 42% of Canadians reporting that the current economic climate negatively effects their stress levels.
- 5) Women in Canada report higher average stress levels and greater emotional impact than men.