

Carmichael Connection

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KOSELIG – THE NORWEGIAN CONCEPT THAT WILL HELP YOU THROUGH WINTER

Excerpts From: <https://www.thatscandinavianfeeling.com/lifestyle/norwegian-concept-koselig>

Have you heard about ***koselig*** – the Norwegian concept that will help you through winter?

First of all let's look at the word itself: *koselig* is both a noun (*koselig*) and a verb (*kose*). It is a word that is hard to translate... we like to say that the English equivalent is cozy but the meaning is so much more. *Koselig* is a concept which is deeply rooted in our Norwegian culture. I would describe it as the feeling of coziness and being comfortable, but it often involves being in a social setting with others rather than being alone. It is about being content and creating a pleasant environment. It is about intimacy and warmth. You will feel *koselig* from anything that makes you feel happy and evokes that warm feeling inside you. *Koselig* is in many ways Norway's version of *hygge* because both concepts are all about feeling cozy and finding joy in the little things. Where I think *koselig* differs from *hygge* is that it is even more focused on the social aspect as well as a connection with nature and the outdoors.

Why is *koselig* so important to us Norwegians? With our dark and long winters, we feel the

need to have something positive to look forward to and to keep us happy. This is where the concept of *koselig* comes in – it is a way to find joy in those moments where it can feel difficult to do so. This is especially relevant this year with everything going on in the world, so I hope this Norwegian philosophy can help you get through it as it has done in Norway for years.

Koselig is relevant all year long, but in the winter period it is especially important to savour those small moments – something us Norwegians have a lot of experience in. Changing your mindset and having a more positive approach is key, so try to focus on making winter the best it can be by fully embracing every aspect of it. Take for instance being outdoors. Norwegians go outside no matter the weather, because being outdoors and staying active is a big mood booster which again is very important especially during winter. In Norway we have the saying 'there is no such thing as bad weather, only bad clothing' and this is a rule we live by in the colder months

because we know that winter is so much more bearable if you are dressed appropriately and feel cozy.

What are the simple ways you can incorporate *koselig* into your life this winter?

Look at what makes you feel happy and find cozy ways to enjoy yourself at home or outdoors such as playing boardgames, cooking delicious comfort food and eating it together or get outside and practice winter sports such as skiing and skating, or simply go for a crisp walk in the fresh air. Although it might be difficult to get together this winter in the usual way, finding creative ways to be social whether with friends or family is a great way to incorporate the feeling of *koselig* in our lives. This can be as simple as a virtual coffee-date with a friend to chat and feel connected or a walk outside while on a call with a loved one. For me, the daily walks I have with my dog is a way I incorporate *koselig* into my life all year round

Staff Spotlights

New Staff

- Roderick
- Grayson
- Gura
- Simbarashe
- Oluwaferanmi
- Arushi
- Terrie
- Brianna
- Timilehin
- Candace
- Kenney
- Doriane
- Ugo
- Kirsty
- Gene

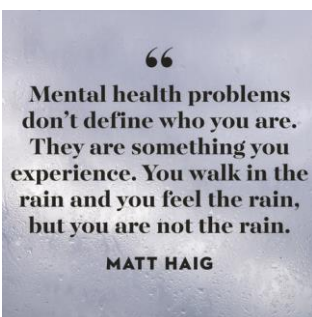
New Staff

- Dina
- Derrick
- Uchenna
- Offor
- Oluwamuyiwa
- Bhaskar
- Anotida
- Alexander
- Lernard
- Bruno
- Shaylet
- Michael
- Alice
- Kelly
- Alvin



5 New Year's resolutions for your mental health

Excerpts from: <https://www.dnaindia.com/lifestyle/report-5-new-year-s-resolutions-for-your-mental-health-3011243>



The Coronavirus Pandemic has broken us all to the core. Lakhs of people became jobless and many lost their near and dear ones. The unexpected death toll in the second wave has taken a toll on everyone's mental health. In such a situation, we have to take care of our mental health in the coming year.

Everyone takes New Year's resolutions to make some positive changes in the new year. But by the end of the year, perhaps only a few people remain, who are able to complete it. A recent study on New Year's resolutions found that about 40% of Americans set resolutions at the beginning of the year. But less than half were able to complete it in six months.

We all want to make positive and impactful changes in our lives, but our expectations of ourselves are so high that it becomes difficult to meet them.

So our advice is to keep them realistic. New Year's resolutions should be such that they can be fulfilled easily. You do not need to make major changes to this. Just a few small important steps that are easy to complete, and that will lead you to your goal.

Mental health has been the trending google search topic of 2021. In which people want to know what they can do to improve their mental health. So before the arrival of the new year, we would like to share with you some mental health New Year resolutions. Which will help you to stay mentally healthy in 2022.

Make time for self-care- In the new year, do some self-care activities that bring you joy and make them a part of your daily routine. It can be dancing, painting, reading a book or daily exercise or simply exercising.

Don't push yourself too hard- Change can be difficult and it often takes time. Give yourself permission to feel and forgive yourself for mistakes. You're here and giving your best, that's all that matters.

Prioritize your sleep- Studies have found that sleep and mental health are linked. In fact, about 65 to 90% of people with major depression experience sleep problems. Try going to sleep a little earlier each night this year and give your body the rest it needs.

Limit your screen time- Spending too much time on your phone or computer can affect the quality of your sleep. Even your relationships can be affected and feelings of depression and anxiety can arise.

Be aware of how much time you are spending online and how it is affecting your mental health. When it comes to social media, use these tips in a positive way.

Learn more about mental health- One of the best ways to improve your mental health is to understand it. There are online resources available that provide information about general mental health. You can also do a course in Mental Health First Aid. Or you can also book a counselling session for yourself.

Principles of Inclusion for Our Clients and Our Teams

Excerpts from: <https://allbelong.org/inclusive-education-in-action/>

Head — Heart — Hands

“Head knowledge” does not guarantee true inclusion. True inclusion begins not with the *head* but with the *heart*.

Successful inclusion is not built from what we know, but from who we are, and who we believe our clients and co-workers to be. *Heart* principles that should inform our *Head* and guide our *Hands* include concepts of interdependence, community, hospitality, and justice and reconciliation.

Interdependence

Interdependence leads to valuing and honoring each individual, not because of what they can do or contribute, but because of who they are – regardless of ability or disability.

Community

An inclusive *community* is one which recognizes the gifts and talents, as well as the needs, of *all* individuals. A community characterized by caring will be one in which everyone, clients and caregivers alike, plays a role in supporting others.

Hospitality

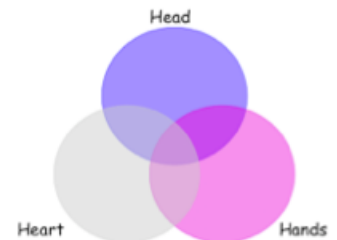
Hospitality will be shown by making appropriate accommodations and modifications for *all* clients / teammates as necessary (recognizing that what is helpful to a client / teammate who has a disability or challenge will also be of benefit to others) and through promoting friendships. The environment is characterized by protection, emotional support, empowerment, and personal commitment on the part of the members of the team.

Justice and Reconciliation

Justice will be demonstrated in an interdependent, hospitable, community which shows especial concern for those who are weaker and may feel powerless or oppressed by others and seeks to break down attitudinal barriers in order to promote *reconciliation* between those with and without disabilities / challenges.

With the *Head* being guided by these *Heart* attitudes, the *Hands* are enabled to consistently practice inclusion—something we *do* because of who we are.

David W. Anderson, Ed. D. All Belong Center for Inclusive Education



“We all should know that diversity makes for a rich tapestry and we must understand that all the threads of the tapestry are equal in value no matter what their color”

Maya Angelou

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“Carmichael Enterprises is committed to meeting the needs of individuals with disabilities”



We're on the Web!

www.carmichaelenterprises.ca

Winter Driving Tips

Excerpts from: <http://secure.campaigner.com/csb/Public/show/cg5c-2m2aw9--11rd9j-i6ugw8g7>

As always, when snow and ice arrive, assess safety. Ensure your personal vehicle, as well as your company vehicle is equipped with all-weather tires (3-peak mountain logo, or M+S designation), or snow tires. You are expected to get to work even when it snows so plan ahead.

If your street is not plowed or your vehicle won't make it, walk to where you can access public transit or call a taxi. This is your responsibility to keep yourself safe, as well as ensuring our clients are cared for.

At work, if it is not safe to transport clients due to unsafe road conditions (black ice, snow not cleared), come up with a different activity. If there appointments that cannot be rescheduled, discuss with your Manager to determine the safest way to transport you and your client.

Reading the Road

Various road surfaces react differently to cold temperatures, snow, and ice. Be aware that bridge decks and overpasses may be more slippery when the temperature drops. Steep grades and frost heaves can also create driving challenges.

Watch out for potholes and puddles that may be deeper than you think. Knowing how to assess road conditions helps you adjust your driving. Here are some clues to look for:

Spray from slush and snow

- The amount and type of tire spray can tell you a lot about road conditions.
- A slushy spray that dirties windshields and leaves brown snow on your hood generally means good traction.
- If there's less spray but the road looks wet, beware. That's a sign the road is beginning to freeze. A coarse spray with ice crystals can signal a freezing road and ice. White snow on your hood means limited traction.
- If the road is wet with little or no spray, you may be on black ice.

Signs of black ice:

It's tough to read the road when black ice is involved. It may be invisible and hard to know where it may be present. You'll often find it in places that get less sunlight – like tunnels, roads under overpasses, and streets lined with trees. Black ice is most common in the early in the morning or late at night when there's no sun to warm the pavement.

Be especially alert when:

- Temperatures drop below freezing overnight after a rainy winter day or night
- A light snowfall melts during the day and temperatures dip at night
- Temperatures fluctuate between 5C and -5C

Driving on steep grades:

Check the elevations of major summits and passes on BC highways to get information about any long, steep grades.

When climbing upgrade:

- Assess the conditions.
- Use chains when you need them or when directed by road signs.
- Maintain your momentum. If your drive wheels spin, ease off the gas.

When travelling downgrade:

- Ensure you have sufficient traction. If not, chain up before the grade.
- Reduce your speed before the grade.
- Gear down to help slow your vehicle. Brake gently and evenly.

Driving around a curve:

Skidding and loss of driver control cause many preventable crashes on curves. Proceed with caution around sharp bends, since reduced sight distance can hide hazards ahead.