

Solutions

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THUNDER BAY
COUNSELLING
SOLUTIONS THAT CHANGE LIVES

fseap Now we're
talking.

“Movember” Is for Men’s Health

Movember is an annual health awareness campaign held in November that focuses on men's emotional and physical health—and on raising awareness about issues men often avoid like prostate and testicular cancer screening, and mental health. It began in Australia and involved growing a mustache (“mo”) as a campaign idea, but its message is universal: Break the stigma of prevention screening and early treatment.

Reaching out for professional help isn't easy, especially when you've learned to stay tough and keep things private. But mental health challenges can affect anyone, even the strongest. (Even Navy SEALs have access to mental health resources—and are encouraged to use them.)

Many men recognize they need help but talk themselves out of it. “I should handle this alone.” “People will find out.” “It's not that bad yet.” Delaying help can make things worse and limit options later. Stress, conflict, burnout, relationship issues—handling these alone isn't strength.

Real guts is knowing when to make the call and get free, confidential help that keeps you in the game.



Productivity Tip: Use the “Rule of Three”

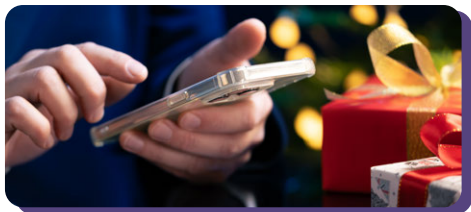
The “Rule of Three” is a simple productivity strategy where you focus on only three main tasks or goals each day to maximize success. This strategy helps reduce overwhelm while increasing true progress.

At the start of your day, choose three priorities. This narrows your focus, prevents mental fatigue from scattered to-do lists, and keeps you from being pushed and pulled by interruptions. Whether you finish all three or struggle to complete any, daily practice trains your mind to prioritize naturally, tune out distractions, and focus on high-value tasks. Small wins become frequent, you feel more in control of your days, and productivity grows dramatically.

In fact, you'll achieve more than you expect consistently with less stress.

That's the power of the Rule of Three.

Best-Bet, Time-Tested, Holiday Stress Tips



The holidays are coming. And yes, they can bring joy, but they can also bring stress from finances, family conflicts, overcommitment, and, of course, emotional triggers with family visitors.

What are the top stress strategies that stand the test of time, and do you use them?

1) Set boundaries early—decide what you can realistically commit to and communicate limits on gifts, expenditures, meals, and visits

2) Plan pauses —come to a complete stop periodically to reflect, journal, or reach out for support when feelings of loneliness, grief, or tension arise.

3) Simplify and delegate—share meal prep, shopping, decorating, cleaning, and entertainment planning duties. These three

strategies are the go-to tactics for reducing fatigue, preventing overwhelm, and finding more enjoyment in nearly all holiday celebrations.

Credited to David Allen in "Getting Things Done," the rule suggests never delaying a task that takes less than two minutes. In noisy or distracting workplaces, it can be adapted to help focus when attention is limited. With determination, two minutes of concentrated effort are achievable.

"Bossology" Tip: Bring a Solution with the Problem

One of the most common complaints among supervisors is employees who bring problems—but not solutions. Far fewer employees take the initiative to recommend ways to correct the issues they raise. This gap is your opportunity to elevate your professionalism and strengthen your credibility. You may feel frustrated by a recurring issue, a difficult condition, or a workplace dilemma, but you add to your boss's stress when your response is limited to complaints. When you identify a problem, go to the next step. Think through potential solutions. Ask any supervisor; they notice employees who not only recognize what's wrong but also envision what can make it right. Even if your idea isn't perfect, your initiative demonstrates critical thinking, maturity, and your leadership potential.

