



Volume **06**

APRIL
2026

Renewal *and* Resilience

The Courage to Begin Again




**A2
MIND
MATTERS**

**MENTAL HEALTH
NEWS LETTER**

A2 LIONS CLUB



Meet *the* Editor

"Sharmmila Rajkumar"

Dear Lions of A2

April is a season of renewal — a time that reminds us growth often begins quietly. After difficult seasons, healing and hope can return, one small step at a time. This month's theme, Renewal and Resilience, reflects the strength it takes to keep going through stress, change, and uncertainty. Resilience is not about being strong every moment, but about finding the courage to begin again. As a Lions community, let us continue to support one another with kindness, compassion, and understanding. Here's to renewal, resilience, and the courage to bloom again.

Sharmmila Rajkumar

(District Chair-Lions Quset/MentalHealth initiatives)

Do you have a story to tell?

A personal Experience with
mental Health?

Tips that helped you cope or
support someone in need?

We'd love to hear from you.

What you can share:

personal mental Health journeys
(with or without your name)

Reflections or poems

Artwork or photography

Helpful resources you've
discovered

Club events promoting emotional
wellness

Let's inspire, encourage, and lift
each other up - one story at a time.!

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April arrives quietly, but with powerful meaning. After months of cold, stillness, and waiting, the world begins to soften.

Trees bud, flowers bloom, and light stretches a little longer each day. Nature reminds us of something deeply important — renewal is always possible. But for many of us, renewal is not as simple as the changing seasons.

Life does not always move in gentle cycles. We face stress, loss, disappointment, illness, financial pressure, and emotional fatigue. Sometimes, we carry invisible burdens that others cannot see. And when we are in those moments, the idea of “starting again” can feel overwhelming. This is where resilience comes in.

Resilience is not about being strong all the time. It is not about pretending everything is okay or pushing through without rest.

True resilience is quieter. It is the ability to pause, to feel, to fall — and still find a way to rise again, even if slowly.

Renewal does not require a perfect plan. It begins with small, honest steps.

It may be: choosing to get out of bed on a difficult day, reaching out to someone instead of staying silent, taking a moment to breathe when anxiety rises, forgiving yourself for something you cannot change. These are not small things. These are acts of strength.

Resilience also grows stronger when we are not alone. A kind word, a simple check-in, a listening ear — these can become turning points in someone’s life. When we support each other, we create space for healing.

We remind one another that it is okay to struggle, and it is okay to start again.

Renewal is not about becoming a new person. It is about returning to yourself... gently, patiently, and with compassion.

This April, let us:

release the pressure to be perfect
acknowledge how far we have come
give ourselves permission to begin again
And most importantly, let us remember:
Even after the hardest seasons, growth is still possible.

Because just like spring...
we are allowed to bloom again.

Renewal and Resilience

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5-MINUTE MENTAL HEALTH ACTIVITY



Reset & Rise

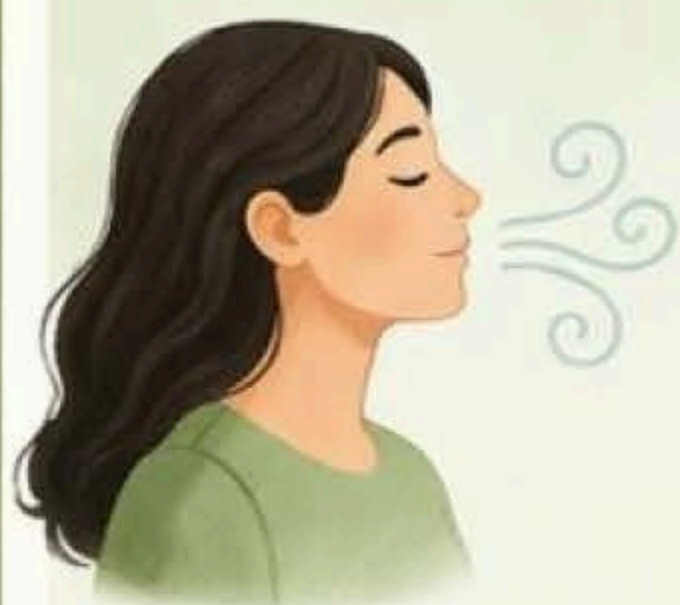
Take 5 minutes to pause, release, and renew.
You deserve this moment.

PURPOSE: To help you pause, release stress, and gently refocus with a sense of renewal.

1

PAUSE

(1 MINUTE)



Sit comfortably.
Close your eyes if you wish.

Take slow, deep breaths:

- Inhale for 4 seconds
- Hold for 2 seconds
- Exhale for 6 seconds

Let your body begin to relax.

2

RELEASE

(2 MINUTES)



Ask yourself quietly:
“What is something I am holding onto that is weighing me down?”

It could be stress, worry, regret, or pressure.

Now imagine placing that feeling into a balloon... and gently letting it float away.

No judgment. Just release.

3

RENEW

(1 MINUTE)



ONE SMALL STEP FOR ME TODAY

Now ask yourself:

“What is one small thing I can do today to take care of myself?”

Keep it simple:

- drink water
- step outside
- talk to someone
- take a short break

Choose just one.

4

RISE

(1 MINUTE)



Place your hand on your heart and say silently:

“I am allowed to begin again.”



Take one final deep breath... and slowly open your eyes.



Small resets create strong resilience.

Take 5 minutes – it matters. ♥



APP OF THE MONTH



MindShift CBT



Support your mind. Strengthen your resilience.



- Tools to manage worry, panic, and stress
- Thought-challenging exercises
- Guided relaxation and breathing techniques
- Daily check-ins to track your mood



Why We Recommend It This Month

In a season of renewal, this app helps you reset your thoughts, build resilience, and take small steps toward better mental well-being — anytime, anywhere.

Reminder:

Mental health apps are a helpful support tool, but they do not replace professional care when needed.



Available on iOS and Android (Free)

Small tools. Big impact. One step toward renewal.

Small Steps, Strong Minds



When we think about change, we often imagine big transformations — a complete reset, a fresh start, a new version of ourselves. But in reality, lasting change rarely happens that way. When we think about change, we often imagine big transformations — a complete reset, a fresh start, a new version of ourselves. But in reality, lasting change rarely happens that way. When we think about change, we often imagine big transformations — a complete reset, a fresh start, a new version of ourselves. But in reality, lasting change rarely happens that way.

It begins with small steps.

- A few minutes of quiet.
- A short walk outside.
- A kind conversation.
- A moment of self-reflection.

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These simple actions may seem insignificant, but over time, they build something powerful — resilience.

Resilience is not created in one moment. It is built daily, through the choices we make to care for ourselves, even when life feels heavy. It is in the decision to try again after a difficult day. It is in giving ourselves permission to rest without guilt. It is in believing that progress, no matter how slow, still matters.

In a world that often pushes us to do more and be more, choosing small, meaningful steps is an act of strength.

This April, instead of focusing on big changes, focus on consistency. What is one small thing you can do today to support your well-being?

Because sometimes, the smallest steps... lead to the strongest minds.

Did You Know?

Even a small act of connection can support mental health. A caring message, a quick call, or a simple "I'm thinking of you" can mean more than we realize.

A small hello really matters

Reach Out:

Mental Health Helplines & Support Networks

Immediate Help in a Crisis

Talk suicide Canada
☎ 1-833-456-4566 (24/7)
💬 Text: 45645 (4pm-12am ET)
🌐 talksuicide.ca

9-8-8; Suicide Crisis Helpline
☎ Call or Text: 988
(24/7, free and Confidential)
🌐 Nationwide access

Mental health Support Lines

Wellness Together Canada
wellnesstogether.ca
☎ 1-866-585-0445
(Talk to a counsellor, 24/7)

Text: "WELLNESS" to 741741
Connexontorio (for mental health,
addiction, and gambling)
☎ 1-866-531-2600 (24/7)
🌐 connexontorio.ca

Support for specific Groups

Kids Help Phone
☎ 1-800-668-6868 (24/7, for youth)
💬 Text: "CONNECT" to 686868
🌐 kidshelpphone.ca

Hope for wellness (for indigenous peoples)
☎ 1-855-242-3310 (24/7)
💬 chat:hopeforwellness.ca

LGBT Youthline
☎ 1-800-268-9688
💬 text:647-694-4275
🌐 youthline.ca



Therapy and Community Services

BounceBack Ontario
📱 Self-guided CBT program for anxiety and depression
🌐 bouncebackontario.ca

211 Ontario
☎ Dial 2-1-1
🌐 211 ontario.ca
for finding mental health, housing, food and community programs

