

www.qfht.ca

- ☐ 1st Flr Bagot North Email: dfm-1north@queensu.ca
- ☐ 1st Flr Bagot West Email: dfm-1west@queensu.ca
- ☐ 2nd Flr Bagot North Email: dfm-2north@queensu.ca
- ☐ 2nd Flr Bagot West Email: dfm-2west@queensu.ca
- ☐ 1st Flr Haynes Hall Email: dfm-hh1@queensu.ca
- ☐ 2nd Flr Haynes Hall Email: dfm-hh2@queensu.ca



Please speak to your receptionist if you do not have email

PLEASE CHECK IN AT KIOSK UPON ARRIVAL

STEPHEN has an

In-Person OR Phone Appointment

with _____

on DEC. 15 at 7:00 pm.

Please book an

In-Person OR Phone with reception to return in

1 2 3 4 5 6 weeks months

Appointment notes:

ARRIVE BY 6:00 p.m.

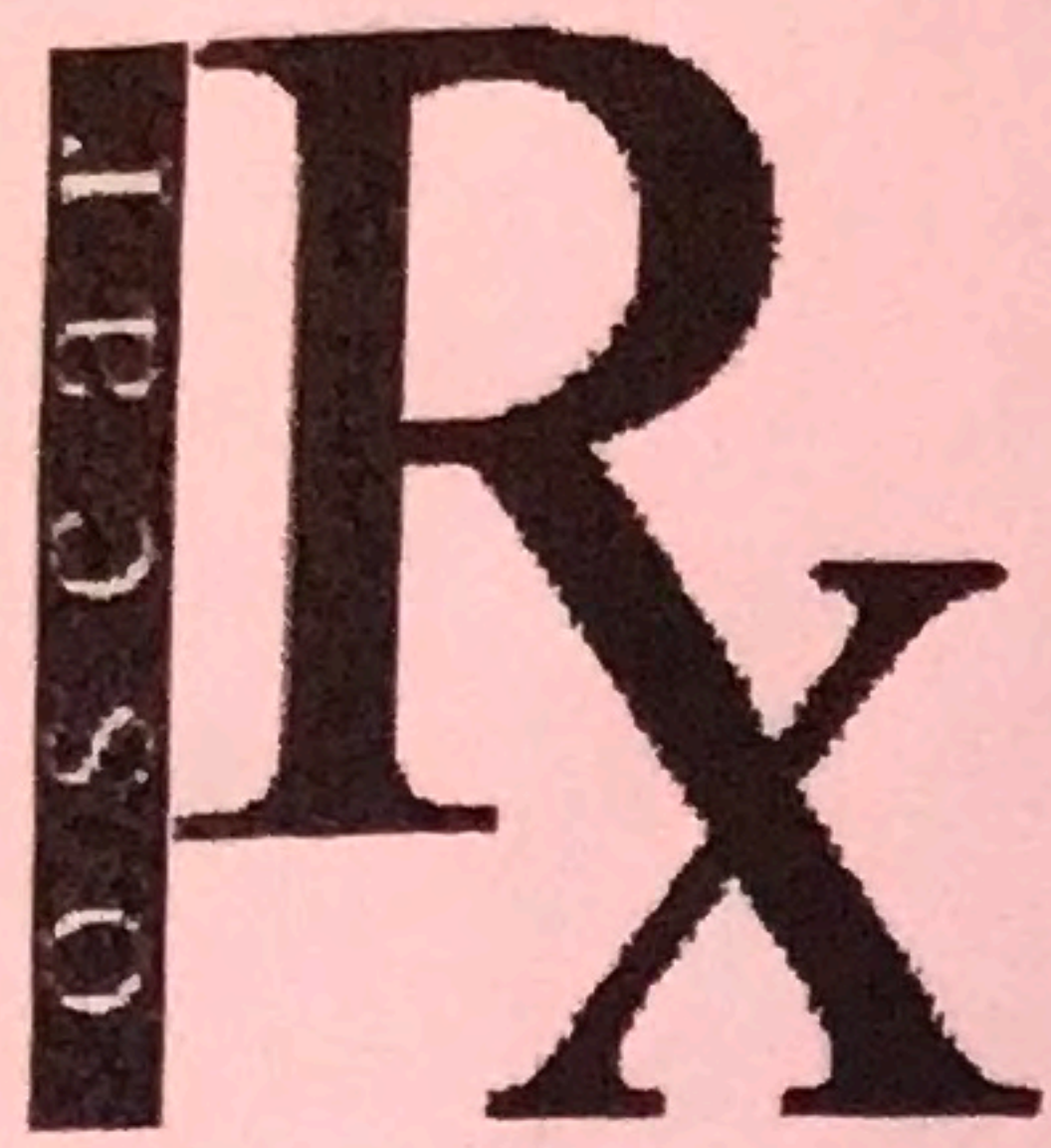
Queen's Family Health Team 613-533-9303

- Clinic Hours; Please visit www.qfht.ca for up-to-date hours of operation.
- A valid OHIP card is required at every visit.
- Prescription refill requests must come from your pharmacy and take at least 2-5 business days to process.
- 24 hours' notice is required for cancellations, or you will be charged a \$20 "No show" fee.
- There is a fee for services not covered by OHIP, including various forms. Please visit www.qfht.ca or speak to your receptionist for the fee schedule.

**QFHT AFTER HOURS, BY APPOINTMENT ONLY
613-533-6563**

- Please visit www.qfht.ca for up-to-date hours of operation.
- Hayne Hall, 115 Clarence Street, 1st Floor

220 Bagot Street www.qfht.ca 115 Clarence St



Dr. Ed McNally
 Queen's Family Health Team
 115 Clarence St. Kingston, ON
 Kingston Ontario K7L 5E9
 Pract. No.: 96884
 Tel: 613-533-9303 ext 73942
 Fax: 613-546-3155

STEPHEN JAMES KELLY
 525 Aragon Rd.
 Kingston, ON K0H1S0
 613-544-2123

Written Date: December 15, 2025
 DOB: Nov 23, 1952

Health Ins. #3764141523

APO-KETOROLAC 10 MG TABLET
 Take 1 tab PO QID PRN
 Qty: 20 tabs Repeats: 0

Start Date: December 15, 2025

Signature: Electronically Authorized by McNally, Ed (96884) at
 Dec-15-2025 at 18:48

Originally Printed: 2025-12-15 Reprint by Ed McNally

Times Printed: 3

Created by: OSCAR The open-source EMR www.oscarcanada.org

Shoppers Drug Mart #604
 1201 Division Street
 Kingston, Ontario K7K 6X4
 (P) 613-546-3544 (F) 613-546-3867

Wp 2

Queens' Family Health Team
220 Bagot Street, Kingston ON
K7L 5E9

10 Nov 2023
Tel: 613 533 9303 x73937
FAX: 613 544 4532

Dr. Jiwei Li,

PTSD Follow-up

I finished my 77-day session at HOMEWOOD, Guelph ON, 7 Jul 2023 and met with a QFHT Resident 14 July. My medication was 7.5 mg Olanzapine daily. I went through a dosage reduction process with Dr. Smith, Operational Stress Institute, with my medication ceasing on 7 Nov 2023. Dr Smith plans to close my folder in March 2024. It was recommended that I have blood-tests conducted as part of the follow-up. I am requesting to have an appointment scheduled for the appropriate tests.

I continue to be a client of Jo-Anna Steele-Kiley, Registered Psychotherapist, johannasteelkileyrp@outlook.com.

Attached is a copy of my Massage Therapy and Kinesiology prescriptions dated December 13, 2022, for calendar year 2023. I request individual copies of the prescriptions for calendar year 2024.

Thank you,

Respectively,

Stephen Kelly

Stephen Kelly

613-544-2123 (Home)

stephenkelly_2022@outlook.com

I initially commenced my use of Olanzapine 5mg from May 2023 to October 2023. I have used a variety of routines to end my use of Olanzapine 5mg, Zopiclone 7.5mg, Clonidine HCL 0.1 mg, and Melatonin 5mg and withdrawal extended from Fall 2023 to Fall 2024. I have been using a variety of cannabis products and routines (including Melatonin and Valerian Root) for sleep from Fall 2024 to Summer 2025, and sleep seemed to have improved. Insomnia (waking up to four times during an eight hour sleep with cold sweats) has been the case on an inconsistent basis. In the last month it has been 2-3 times per week.

8:30 THC - 10mg

Oct 31 5PM CBD/THC NOV 1-30, 2023

10:30 CBD 1CBN

10:15 Gummy / Night Canabis

1 7:00 CBD 50:1; 8:30 CBD CBN
THC 10:1

2 same as Sunday night

3 same as Sunday night

4 CBD 50:1 / CBD 1CBN / Night 0:1
THC 10:1 / 9:30 Gummy

5 same routine

6 same routine

7

8 Medication

9 10:30 THC: CBD 10:13 1ml

10 17:30 softgel 10:12 THC
CBD

SEE NEXT PAGE

11

12

13

14

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16

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18

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24

25

26

27 10 meds (2nd day) minimum
sweat good sleep 3 wakeups

28 Worst sleep ever

29 sweats - tired - sore

30

Fight / Flight

Cold Sweats

Sleep 12:00 No sweat woke 7:30

Woke 3 Nov 0700h: minimum sweat
woke @ 2:45

Woke 4 Nov 3AM / 5AM / 7:30

Woke 5:30: up @ 8:00 no sweat

Woke @ 4:30, 2 gummydrops
bed till 7:30

15 Nov 2023

CANNABIS

Medication

5 PM: options 1) THC 10:0

2) THC: CBD 10:12

3) THC oil CBD 10:13

6:00 PM oil CBD 50:2

8:00 PM CBD/CBN 2:1

SOFT GELS

10:00 PM Night Oil

THC 10 ; CBD < 5:00

CBN 30 mg

Gummies

2 @ 10:00 PM

1ST WAKE-UP 1:AM

2 Gummies

Sleep @ 10:30

Meditation 10:30 - 11:00

2ND WAKE UP - 3AM/5AM

5AM TILL 7AM

SEMI-SLEEP

NO DREAMS PRESENT

Dec 15, 2025

Mom is giving each son
\$500 from her RTSP

Marl

Dec 2: \$400

Dec 15: 1600

Dec 18: 1500
\$3500

Adam

Dec 12 \$1000

Dec 15 \$1000 (pending)

Dec 18 \$1500
\$3500

18 Dec - Thur Each son has
received \$3500

Bz account 81,353

Send xmas presents \$1500
24 Dec

Stephen's Journal

- Dec 1. Cecile's 75th Bday. Dinner with Larry & Pat @ Mandarin yesterday
- 2 Subaru undercoated
- 3 Yoga @ noon. Lane Swim 2pm Acty Park
- 4 11 AM Eco Fruti with Bob & Meredith
- 5 10:30 - 11:30 swim Acty Park
- 6/7 Week-end
- 8 RMT Christine cancelled
- 9 Acupuncture - Bir
- 10 Snow day - Yoga @ home
- 11 Cecile's Golf Party at Bev's new home
- 12 Yoga @ home
- 13 RMC Alumni Dinner
- 14 Church - Pain sitting in pew, sat on seat in Subaru
- 15 Yoga. QFHT Clinic @ 6PM
1 pill @ 9PM
Sleep @ 11PM
Soaked in sweat @ 4 AM - 2nd pill

Dec 16 6 AM - start the clock.

Baking soda & water for stomach
10 AM Hydra Athletics.

12 o'clock Tim Horton's - 3rd pill
shopping. acupuncture

6 PM, dinner 4th pill

Baking soda & water

~~11 PM~~ 11 PM 5th pill. Sleep

Dec 17, 3 AM Soaked in Sweat

4 AM Baking soda & water

7 AM 6th pill, ~~Brunch~~, Baking Soda
~~12 o'clock 7th pill, Yoga~~ 8:45 Breakfast

Breakfast, Brunch @ 10 AM

12 o'clock Yoga 7th pill

1:30 PM - 2 PM. Lunch at McDonalds
with John Sheehan. Very emotional

45 minutes. John assisted me
in writing (edited) my family

history book (2021). 2022

Fall. I asked John to partner with
me. He said no. I was in a

physiological trauma state

(Bi Polar). 2023 (Summer) I was
in Homewood. Today I thanked

John and told him that unknowingly
he was one of my strengths when

I returned. He knew I was

doing something but did not pressure
It was an emotional meeting as

I told him I was bipolar with PTSD

He said he has PTSD from killing
a soldier in a diving task. We

will meet again and I will be

a talk buddy (received email
Thank-you @ 10 PM)

4PM - I took GPM
pill because of
Pain level 8 of
Stomach stress
Pain. 1:30 - 2:00
Lunch with John
~~2:30~~ PTSD discussion
1hr in pool/sauna
shower
Thoughts of CME
Clock presentation
of Steve/Ray
Jan/Steve to Chwk
plus phone call of
appt to Canada
Trust. Too many
thoughts

15 mins of sitting
in car. Going home

1:30 - 4 PM Arty Park Pool. Swim. Sauna.
Stomach Issues - meditation in
Change Room. OK to drive home
I took 6 PM pill because of 8th pill
Pain level 7 (stomach stress) 8th pill
6:30 small dinner

7:00 - 9 PM Military POLI Buddy/wife
Brother/wife. Short visit
Emotional

Q 9-10 Strong stomach issues
2 teaspoons of baking soda
and stomach pain now
moderate.

11:15 PM: Took 9th pill. Meditated
slept

Dec 19 Thursday: Woke at 01:35 hrs
Wide awake. No sweats.
No pain. Will go back to bed.
Awake checked by iPhone 6
No Dropbox for iRest

0530 9th pill

1200 10th pill

6:00 PM 11th pill

12:00 AM 12th pill 2 tums

Dec 19 Friday

7:00 AM 13th pill 2 tums

9: AM 2 tums

~~11:30~~

11:30 14th pill

12:00 Yoga

4 PM H

1:30 Hear Canada - 1 tum

2:00 Pearl Vision, 1 tum

2:15 QFRT Receptionist

2:30 Appt for 3:30

2:30 19 Dec Fri - Arrived at QFHT
Asked if I could stay
until 3:30 for a session
with a Resident

3:30 - 4:00
3:45
4:00
Waited for Resident
seen male nurse
Blood pressure 167/95
Resident arrived
Listened to my story
Her name is
Mechanah
Koon Keri

6 o'clock 15th pill

Resident's 1) pills (Ketorolac
prescription from eth) to be
avail Sat at noon
prescription was faxed to Shoppers

2) Blood work was to
be submitted
Ontario Lab
220 Bagot St

3) Next appt
is Jan 20, 2026
Tuesday

prescription of 20 pills is only good
for 5 days - my current script is
over Sat Dec 20. If my script is
20 pills, my bottle will run out
by 25 Dec - Christmas day, What
do I do from 25 Dec - 20 Jan?

It is now 20 Dec 3 o'clock. I went
to sleep at 10 o'clock and woke at
11 o'clock for 16th pill. 17th pill @
0300 hrs / 20 Dec. High level of pain

Blood pressure 7/67/95 ✓

Life Labs - Bloodwork ✓

Pharmacy - Prescription ✓

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- ☐ 2nd Flr Haynes Hall Email: dfm-hh2@queensu.ca

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STEPHEN

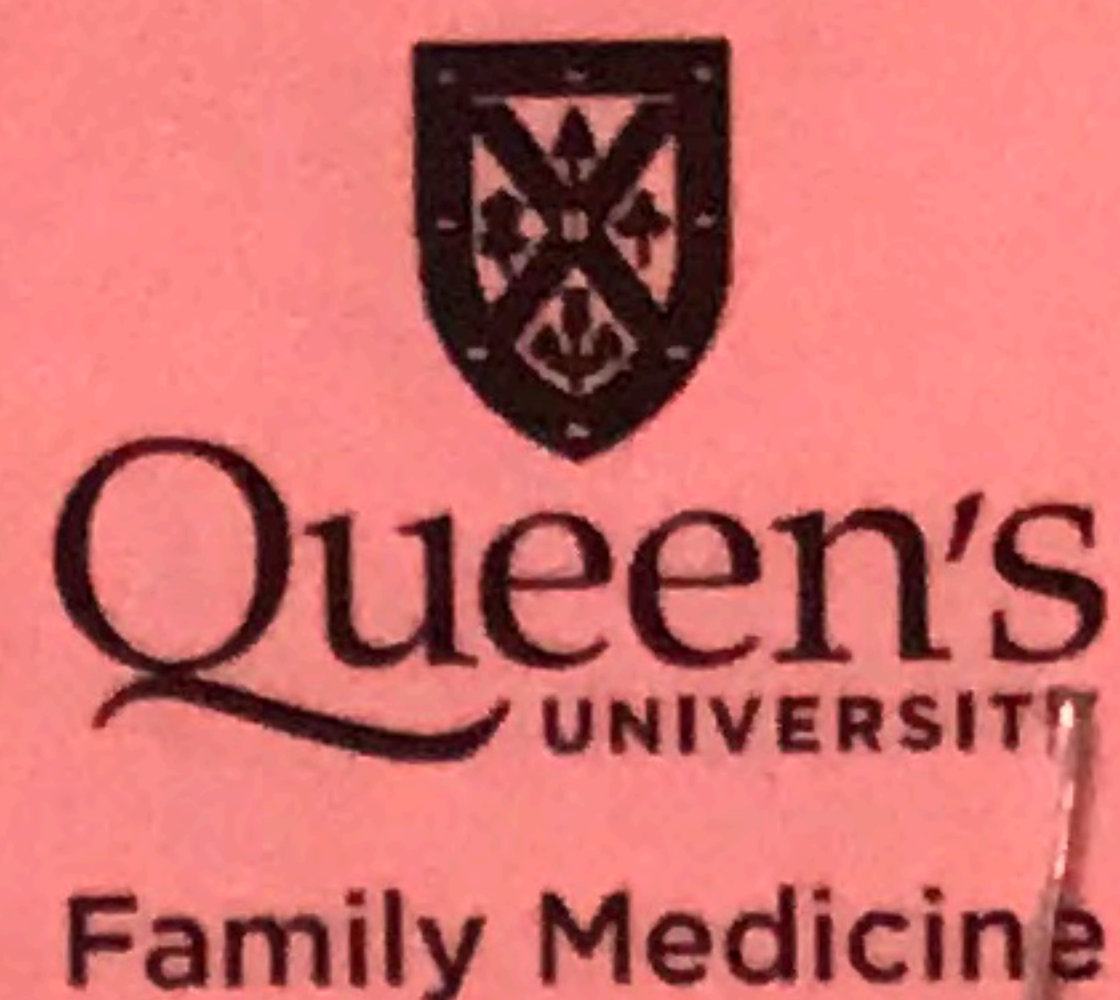
In-Person OR Phone Appointment

branch Kooheh


Queen's
UNIVERSITY
Family Medicine

www.qfht.ca

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- ☐ 2nd Flr Haynes Hall Email: dfm-hh2@queensu.ca



Please speak to your receptionist if you do not have email

PLEASE CHECK IN AT KIOSK UPON ARRIVAL

STEPHEN has an

In-Person OR Phone Appointment

with Mehranah Koochkar

on JAN 20, 2026 at 11:30 a.m.

TUESDAY Please book an

In-Person OR Phone with reception to return in

1 2 3 4 5 6 weeks months

Appointment notes: in Jan
BP / had F/U

Queen's Family Health Team 613-533-9303

- Clinic Hours; Please visit www.qfht.ca for up-to-date hours of operation.
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- 24 hours' notice is required for cancellations, or you will be charged a \$20 "No show" fee.
- There is a fee for services not covered by OHIP, including various forms. Please visit www.qfht.ca or speak to your receptionist for the fee schedule.

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- Hayne Hall, 115 Clarence Street, 1st Floor

220 Bagot Street www.qfht.ca 115 Clarence St

**Queen's Family Health Team
After Hours Clinic (AHC)**

115 Clarence Street

Monday -Thursday 5-8 PM

Saturday 9 AM -12 PM and 1-4 PM

Sunday 9 AM -12 PM

Please call during AHC hours to book an appointment.

613-533-6563

seen me Fci 3 P

Dr. Bayoumi Fa
First Name Inaan Doc

613-533-6563

AHC @ 6:00 PM

~~#~~ Kookkan Mohanah
seen me Fci 3 PM

Dr. Bayoumi Family
First Name Inaan Doctor

<12:45 - 3:00> is
Saturdays AHC hours

Shopper Drug Store
Division St
1201 Division St
(613) 546-3544
Kinglake Plaza

Fax was sent to
613 544 4353

Dr Inaan Bayoumi
from Shoppers

Saturday 20 Dec: 9 AM 18th pill
4:30 PM 19th pill

Pain Level very high
chest / back / stomach

Slept 5 o'clock to 6 PM

~~Dinner~~ No Pain

Dinner 6:30 - 7. Won @ Crib SK
Prep for Week-End

9:30 20th pill

My counting is warped
I have my new prescription
20 pills + 1 more

I think my problem
is "stress". Got
to do everything correctly
& putting others first

Time: 5 PM

There are
20 pills
in the
bottle !!

Sunday after shopping
1 PM Pill #20

Shopping. Pain
in back / stomach
ache. Sitting
in heated seat
Subaru. Listen
to music

2. After bringing
groceries home
had lunch
at 3:00.

Took gawestone
before lunch
Barfed up lunch
closed mouth
bathroom. Nose blo

Sunday 21 Dec

6 PM - I should/could start the
countdown from 6 PM.

Monday 22 Dec
12 AM - Pill No 2. ~~Went~~ Slept from
10 o'clock. Going to bed
stayed awake until 2
updating my iPhone. Slept
until 5:30. Waiting for
Marc to arrive.

06 AM Monday Time for my pill
No 3, but I am waiting.

0930 Marc arrived @ 6:45

Cecile said hi, back to bed
at 7:30 after breakfast.

stretching 15 mins @ 8:30.

Talked about technology.

Marc went to bed. Stomache
hurts, Pill No 3

12:00

Stomache continues
to get worse.

Pain at 9 1/2 ~~10~~

Take Pill Please

QFHT - ambulance
no ambulance

Took Uber to QFHT

NAVNBET - receptionist
said phone back

for appt on Tuesday

4 o'clock TOOK UBER back
home

NAVNBET

QFHT / ~~Navneet~~

613-533-9303

x 36887

Mon 22 Dec
6:16 Marc arrives

Stomach

~~12:00 Yoga~~
2:00 Hydra A Pool 1 NOAH
3:00 Hear Canada GOTBOUT
Hearing Aids - Phone
VIBE Flex 2

Cancelled Hydra A
Cancelled Hear Canada

Tues

4 PM Back home

17 pills Left in bottle
rested in bed, small sleep.
son (Marc) instructed hearing
aids, earbuds, iPhone 11 update
Netflix

11 PM went to bed woke @ 2:45 AM

Tues 23 Dec 14 pills Left in bottle

3: AM, Pain Level moderate
in stomach. No back
pain. Disposition good
Good mood - Learning
technology

4:30

Meditated. Pepto-bismol
Took pill. 13 pills
left in bottle

Monday
1600 17 pills left
hw

Tues
3 AM 14 pills ~~10~~ left

~~151194~~

Tues 23 Dec - Blood Test

Bring Bloodwork script
to ON LAB 220 Bago St

- make appt at QFHT
with dr.

Dr Sam (rhe)
ask for an
earlier appt

- hearing aids
Net flex

- Vibe Flex 2

Koohkan, Mehraneh

220 Bagot St
Kingston, K7L 5E9
Ontario, Canada

Clinician/Practitioner Number

CPSO / Registration No.
276217

Check (✓) one:

☐ OHIP/Insured

☐ Third Party / Uninsured

☐ WSIB

Additional Clinical Information (e.g. diagnosis)

☒ Copy to: Clinician/Practitioner

Bayoumi

First Name
Imaan

220 Bagot Street, Kingston ON K7L 3G2

Laboratory Use Only

Clinician/Practitioner's Contact Number for Urgent Results

613-533-9303, x73900

Service
yyyy

Health Number

3764141523 TC

Version
TC

Sex

☒ M ☐ F

Date
1952/11/23

Province / Other Provincial Registration Number

ON

Patient's Telephone Contact
613-544-2123

Patient's Last Name (as per OHIP Card)

KELLY

Patient's First & Middle Names (as per OHIP Card)

STEPHEN JAMES

Patient's Address (including Postal Code)

525 Aragon Rd.
Kingston, ON, K0H1S0

Note: Separate requisitions are required for cytology, histology / pathology, ColonCancerCheck FIT test, and tests performed by Public Health Lab

x	Biochemistry	x	Hematology	x	Viral Hepatitis (check on)
☐	Glucose ☐ Random ☐ Fasting	☒	CBC	☐	Acute Hepatitis
☒	HbA1C	☐	Prothrombin Time (INR)	☐	Chronic Hepatitis
☒	Creatinine (eGFR)	☐	Immunology	☐	Immune Status / Previous Ex Specify: ☐ Hepatitis A ☐ Hepatitis B ☐ Hepatitis C
☐	Uric Acid	☐	Pregnancy Test (Urine)		or order individual hepatitis test "Other Tests" section below
☒	Sodium	☐	Mononucleosis Screen		Prostate Specific Antigen (PSA)
☒	Potassium	☐	Rubella	☐	Total PSA ☐ Free P
☒	ALT	☐	Prenatal: ABO, RhD, Antibody Screen (titre and ident. if positive)		Specify one below:
☐	Alk. Phosphatase	☐	Repeat Prenatal Antibodies	☐	Insured - Meets OHIP eligibility
☐	Bilirubin	☐	Microbiology ID & Sensitivities (if warranted)	☐	Uninsured - Screening: Patient responsible
☐	Albumin	☐	Cervical		Vitamin D (25-Hydroxy)
☒	Lipid Assessment (includes Cholesterol, HDL-C, Triglycerides, calculated LDL-C & Chol/HDL-C ratio; individual lipid tests may be ordered in the "Other Tests" section of this form)	☐	Vaginal	☐	Insured - Meets OHIP eligibility
☐	Albumin / Creatinine Ratio, Urine	☐	Vaginal / Rectal - Group B Strep	☐	Uninsured - Patient responsible for
☐	Urinalysis (Chemical)	☐	Chlamydia (specify source):		Other Tests - one test per line
☐	Neonatal Bilirubin:	☐	GC (specify source):		
	Child's Age: days hours	☐	Sputum		
	Clinician/Practitioner's tel. no.	☐	Throat		
	Patient's 24 hr telephone no.	☐	Wound (specify source):		
☐	Therapeutic Drug Monitoring:	☐	Urine		
	Name of Drug #1	☐	Stool Culture		
	Name of Drug #2	☐	Stool Ova & Parasites		
	Time Collected #1 hr. #2 hr.	☐	Other Swabs / Pus (specify source):		
	Time of Last Dose #1 hr. #2 hr.				
	Time of Next Dose #1 hr. #2 hr.				

I hereby certify the tests ordered are not for registered in or out patients of a hospital.

x

Clinician/Practitioner Signature

2025-12-19

Date

Understanding PTSD_Decision Aid

What if I have PTSD, but do not get treatment?

Sometimes people with PTSD assume their PTSD symptoms will go away with enough time. This might be the case for some people, but not for everyone.

Most people who are going to get better without treatment get better in the first year. So, if you have had your symptoms for more than a year, they are likely to be long-lasting without treatment.

How is PTSD treated?

There is no single treatment that will work for every person with PTSD. But in general, people who receive an evidence-based treatment (a treatment proven to work in multiple research studies) for PTSD show a noticeable improvement in their symptoms, and many no longer have PTSD.

In this decision aid, you can learn about evidence-based PTSD treatments, including different types of psychotherapy (also called talk therapy or counseling) and medication. [?]_e

TREATMENTS

To treat PTSD, the VA/DoD guideline strongly recommends the use of trauma-focused psychotherapies or specific SSRIs and SNRIs (types of antidepressants). Trauma-focused psychotherapies are the most highly recommended type of treatment.

Cognitive Processing Therapy

A type of trauma-focused psychotherapy that teaches you to reframe negative thoughts about the trauma. It involves talking with a therapist about your negative thoughts and doing writing assignments and worksheets.

Cognitive Processing Therapy (CPT) is one specific type of Cognitive Behavioral Therapy. It is a 12-session psychotherapy for PTSD. CPT teaches you how to evaluate and change the upsetting thoughts you have had since your trauma. By changing your thoughts, you can change how you feel.

What can I expect?

Your provider will start off by giving you an overview of the treatment. Together, you will review some information about PTSD in order to help you better understand your symptoms. Your provider probably will ask about the type of trauma you experienced, but you will not need to go into great detail right away. Your provider will also ask you to do some writing about how your trauma has affected you. Over the next several sessions, you will talk about any negative or unhelpful thoughts you have been having about the trauma, and you will work together to learn to consider other ways of thinking about the situation. You will use worksheets in session and at home that help you learn this strategy. CPT can also include writing about the details of your trauma (although sometimes this can be skipped). This may sound difficult at first, but you may be more able to cope with emotions like anger, sadness and guilt by talking it over with your therapist. Towards the end of therapy, you and your therapist will focus on some specific areas of your life that may have been affected by the trauma, including your sense of safety, trust, control, self-esteem, and intimacy.

For every 100 people with PTSD who receive a trauma-focused therapy (such as Cognitive Processing Therapy), 53 will no longer have PTSD after about three months.

For every 100 people with PTSD who do not receive treatment, 9 will no longer have PTSD after about three months.

CPT usually takes 12 weekly sessions, so treatment lasts about 3 months. Sessions are 60 to 90 minutes each. You may start to feel better after a few sessions. And the benefits of CPT often last long after your final session with your provider.

Does VA have an app for that?

Yes, CPT Coach is a mobile app that you can use with a provider during CPT. CPT Coach can help you to learn more about CPT and PTSD symptoms and helps you stay organized with worksheets as you complete CPT. CPT Coach is free and can be downloaded on most mobile devices. After your initial download, you will not be required to use any of your personal minutes or data to use the app. This app does not share any information with the VA or your provider. It is up to you if you want to show your provider your information. [Click here to see a demo of the app.](#)

Blood pressure is measured in millimeters of mercury (mm Hg). A blood pressure reading has two numbers.

- **Top number, called systolic pressure.** The top number measures the pressure in the arteries when the heart beats.
- **Bottom number, called diastolic pressure.** The bottom number measures the pressure in the arteries between heartbeats.

Top number (systolic) in mm Hg	And/or	Bottom number (diastolic) in mm Hg	Blood pressure category*	What to do†
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Sources: American College of Cardiology; American Heart Association

*Ranges may be lower for children and teenagers. Talk to your child's care provider if you're concerned that your child has high blood pressure.

†These recommendations address high blood pressure as a single health condition. If you also have heart disease, diabetes, chronic kidney disease or certain other conditions, you may need to treat your blood pressure more aggressively.

Below 120	and	Below 80	Normal blood pressure	Maintain or adopt a healthy lifestyle.
120 to 129	and	Below 80	Elevated blood pressure	Maintain or adopt a healthy lifestyle.

Top number (systolic) in mm Hg	And/or	Bottom number (diastolic) in mm Hg	Blood pressure category*	What to do†
130 to 139	or	80 to 89	Stage 1 hypertension	Maintain or adopt a healthy lifestyle. Talk to a healthcare professional about taking one or more medicines.
140 or higher	or	90 or higher	Stage 2 hypertension	Maintain or adopt a healthy lifestyle. Talk to a healthcare professional about taking more than one medicine.

A blood pressure measurement over 180/120 mm Hg is called a hypertensive emergency or crisis. Seek emergency medical help for anyone with these blood pressure numbers.

Your healthcare team can tell you what the best blood pressure goal is for you.

If your blood pressure is OK, following a healthy lifestyle may prevent or delay high blood pressure or other health problems.

If your blood pressure is high, you may need lifestyle changes and medicines to control it and reduce the risk of complications, such as heart attacks and strokes.

My blood pressure at QFHT Friday Dec 19/2025 was

167/85:

Hope

Hope:

- Is the realistic look beyond the hurt, loss, pain and grief. It looks deeper and wider than the moment to the possibility.
- Is an expectation of a good that is yet to be.
- Is an expression of the present, alive with a sense of the possible. A belief that healing can and will occur. Hope rallies, energizes and activates courage to the commitment of mourning and healing work.
- Is that which anchors us and grounds us.

Hope is:

- rooted in reality
- looking for what can be
- an experience shared with others
- persistent, stable, steady
- both past and future oriented

Wishful Thinking is:

- rooted in what almost was
- looking for what might be
- a solitary, internal experience
- euphoric, fun, anticipating
- only in the future perfect

Spiritual Moments:

- Try to strike that delicate balance between a yesterday that should be remembered and a tomorrow that must be created.
- Pray—period! Don't expect anything. Or better, expect nothing. Prayer cleanses us of expectations and allows holy will, providence, and life itself an entry. What could be more worth the effort—or the noneffort?
- If your compassion does not include yourself, it is incomplete.
- This is the miracle of life: that each person who heeds himself knows what no scientist can ever know—who he is.
- Dig inside. Inside is the fountain of good, and it will forever flow, if you will forever dig.
- The Self exists both inside and outside the physical body, just as an image exists inside and outside the mirror.
- Joy is the simplest form of gratitude.
- It is not because things are difficult that we do not dare; it is because we do not dare they are difficult.
- To all who have never felt accepted, who are living a life of loneliness, who seem to be unimportant to anyone—am thrilled to say: God is love! His love is real and He loves and yearns to touch your life. That touch is important and God makes his contact through people, passing his love right now through me to you.
- You have given so much to me. Give one thing more, a grateful heart.
- Just when I think I have learned the way to live, life changes.
- He only is exempt from failures who makes no efforts.
- The door to the human heart can be opened only from the inside.
- To every one of us there must come a time when the whole universe will be found to have been a dream, when we find the soul is infinitely better than its surroundings. It is only a question of time, and time is nothing in the infinite.

Good Snacks before Bed
Light snack 1.5 hours before bed

Walnuts

Contains: Melatonin

Melatonin is naturally occurring in the body and helps with sleep. Some people will take melatonin to assist with sleep.

Almonds

Contains: Tryptophan and magnesium

Tryptophan is essential in creating serotonin which regulates mood and can assist in sleep. Magnesium helps muscles relax.

Pretzels

Contains: high glycemic index

High glycemic index is associated with longer sleep duration.

Cheese

Contains: Tryptophan

Tryptophan is essential in creating serotonin which regulates mood and can assist in sleep.

Lettuce

Contains: Lactucarium

Lactucarium has sedative powers, which can assist in sleep.

Cereal and White Rice

Contains: Low sugar with whole grains

Low sugar can increase energy levels during the day and promote better sleep at night.

Tuna/Salmon/Banana/Chickpeas

Contains: B6

B6 is critical in the production of melatonin

Cherry Juice

Contains: melatonin plus amino acid tryptophan

Melatonin is naturally occurring in the body and helps with sleep. Tryptophan is essential in creating serotonin which regulates mood and can assist in sleep.

Chamomile tea

Chamomile tea has been used as a natural remedy to reduce inflammation and anxiety and treat insomnia. Chamomile is commonly regarded as a sleep inducer. Its calming effects may be attributed to an antioxidant called apigenin.

Honey

Honey helps your brain release melatonin. This happens through a series of transformations in your brain: honey's sugars spike your insulin levels, releasing tryptophan, which becomes serotonin, which becomes melatonin.

yoga Nidra Massage \$115

This treatment is designed for client and therapist to work together to help ease symptoms of a wide variety of conditions. Billed under registered massage therapy, you will work with the RMT to treat such conditions as; anxiety, ADHD, stress, fatigue, pain reduction, migraines, pelvic floor, postpartum, post-concussion symptoms, general wellness concerns and much more. Using gentle swedish massage techniques, combined with breath cues and guided meditation (yoga nidra) we will work together to help create a deeper connection to your body and give you tools to help calm your nervous system.

Yoga Nidra Add-On \$20

This treatment is designed to add on to your Registered massage. Billed under registered massage therapy, you will work with the RMT to treat such conditions as; anxiety, ADHD, stress, fatigue, pain reduction, migraines, pelvic floor, postpartum, post-concussion symptoms, general wellness concerns and much more. Using gentle swedish massage techniques, combined with breath cues and guided meditation (yoga nidra) we will work together to help create a deeper connection to your body and give you tools to help calm your nervous system.

RISING WARRIOR

Counselling & Psychotherapy

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