

Fall Newsletter

NWR FASD Society-MacKenzie Network

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15 WAYS *to* PRACTICE SELF-CARE



EAT A HEALTHY SNACK TO NOURISH YOUR BRAIN & BODY



ENJOY A CUP OF HOT TEA



MAKE A LIST OF SOME PEOPLE & THINGS YOU ARE GRATEFUL FOR



READ A BOOK FOR 10 TO 15 MINUTES



TAKE A STRETCH BREAK IN THE MIDDLE OF EMAILS



TAKE A WALK OUTSIDE AND PAY ATTENTION TO WHAT YOU SEE



CALL A FRIEND TO CHAT



LIGHT AN AROMATHERAPY CANDLE



TURN YOUR PHONE OFF FOR 30 MINUTES



LISTEN TO A MEDITATION OR WATCH A YOGA VIDEO



TAKE FIVE MINUTES TO SIT DOWN & TAKE A DEEP BREATH



GET INTO BED 15 MINUTES EARLY



NOTICE THE WAY THE WATER FEELS WHEN TAKING A SHOWER



JOURNAL YOUR THOUGHTS



SMILE, AND REMEMBER TO ENJOY WHAT YOU ARE DOING

“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says ‘I’ll try again tomorrow.’”

- Mary Anne Radmacher

Stigma and FASD

Fetal Alcohol Spectrum Disorder is a multi-faceted brain and body disability that affects many people in our communities and in the western world and yet it remains highly misunderstood. The lack of understanding about the complexities of FASD has led to blaming, shaming, stigma, discrimination and racism that causes harm to people with FASD and their families. FASD is not limited to any racial, ethnic, cultural or geographic group. Busting FASD labels helps to improve understanding and reduce stigma. *When there is no more blame or criticism in your eyes, when you are able to look at others with compassion, you see things very differently. You speak differently. The other person can sense you are truly seeing them and understanding them, and that already eases their pain significantly."*

Social Label	Lived Reality	Busting FASD Labels
Liar	Confabulation	Confabulation occurs when the brain unconsciously takes pieces of information from the day and weaves it all together to form a new memory. To an outsider, this can sound like lying, fabrication or stories. To a person with FASD, it is a real and true memory.
Poor Listener	Information—processing deficit	Information-processing deficits can occur in four domains; when information is recorded, interpreted, stored (memory) or retrieved. A person with FASD may take longer to process information, they may not be able to process it at all, or they may not be able to retain the information. When a person's information-processing is impacted, others may perceive them as a "poor listener".
Inattentive	Sensory overload	People with FASD can be very sensitive to sensory information. Sensory overload is caused when the amount of noise, light, smells or touch makes someone feel so uncomfortable that they are overwhelmed, cannot focus and may even "shut down". It becomes difficult to calmly express themselves and others may perceive them as "inattentive".
Immature	Dysmature	When someone's chronological age is 12, but the age their brain functions at is 7, they are unlikely to meet the milestones as someone else the same age. This is often the experience of someone with FASD. When a person has difficulty meeting a developmental milestone, outsiders may view them as immature and not acting their age.
Impulsive	Cause and Effect	Someone who struggles with cause and effect means they struggle with connecting the actions to the possible consequences. They may not understand what their options are in a social situation, how their actions impact others and what the outcome of their actions will be. When someone struggles with this, they may be labelled as "impulsive".
Don't you get it?	Abstract vs. concrete	Concepts such as time, money, sarcasm and metaphors are considered abstract and are sometimes confusing or difficult for people with FASD to understand. It is best to explain things using plain language and concrete examples.