

## WHAT IS ARTHRITIS?

Arthritis is a condition affecting the joints, causing inflammation, pain, and stiffness. It can impact hands, wrists, knees, and beyond.

There are many different types of arthritis including rheumatoid arthritis, osteoarthritis, psoriatic arthritis, gout, and many more.

While it's exact cause is not clear, a mix of genetic, environmental, and hormonal factors are involved.

**Early diagnosis is key for effective management.**

Treatment aims to alleviate symptoms, prevent joint damage, and enhance quality of life through **medication, therapy, and lifestyle adjustments.**



## MIND-BODY PRACTICES

### Yoga



Gentle stretches, mindful breathing, and modified poses to enhance flexibility, reduce joint pain, and accommodate varying mobility levels.

### Meditation



Techniques designed to cultivate mental clarity, reduce stress, and manage pain.

### Journaling



Regularly writing down thoughts, reflections, and experiences to explore emotions, track personal growth, or document daily events.

### Mindfulness



Methods to gently retrain the mind to settle into the present moment to observe current thoughts and feelings.

*Any information provided is for educational purposes and should not be used for diagnosing or treating a health concern. The information provided is not a substitute for professional advice, diagnosis or treatment. If you have or suspect you may have a health concern, you should consult with your healthcare provider.*

**For more information:**

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## ARTHRITIS & MENTAL HEALTH

*A new initiative incorporating mind-body interventions to improve the overall wellness of Red River Métis Citizens living with arthritis.*





## ARTHRITIS & MENTAL HEALTH PROGRAM

The Manitoba Métis Federation's Health & Wellness Department launched a new initiative to improve the overall wellness of Red River Métis Citizens living with arthritis.

In partnership with Serene Yoga Studio, the Arthritis and Mental Health Program began with in-person yoga and meditation sessions in both Winnipeg and Dauphin.

These sessions were followed by weekly online sessions for four weeks, before wrapping up the program with the final in-person follow-up sessions in both Dauphin and Winnipeg.



## THE JOURNEY TOWARD MINDFULNESS

This project aims to evaluate how mindfulness, yoga and meditation impacts the quality of life for Red River Métis Citizens living with arthritis.

### PROGRAM GOALS FOR RED RIVER MÉTIS CITIZENS

- Increase self-management, self-efficacy, and quality of life
- Develop a well established and sustainable peer-support network
- Increase arthritis & mental health awareness and support
- Identify accessible, alternative treatment options



## WHAT WE HEARD

To conclude the sessions, participants joined together in group discussions, where Red River Métis Citizens shared their thoughts and sentiments about the program.

A few participants shared their surprise with their range of mobility, stating that they had not been able to get on the ground in quite awhile.

Red River Métis Citizens also expressed that the sessions served as reminders for them to practice mindfulness in their day-to day life.



*"I feel like I learned a new way to deal with [my aches and pains]."*

*"I could feel the stress just coming out of my body."*

*"I can move more than I thought I could!"*

*More results to come.*