

An informational bulletin for members of the ELCIC Group Benefits Plan



June 2016

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### ***The Road to Boston***

By Mark Johnson, GSI Board Director

### ***LifeSpeak***



**24/7 expert advice, now  
customized for you**

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If you had told me back in 2005, when I ran my first 10k Vancouver Sun Run, that I would one day run the Boston Marathon, I would have said that you were crazy. I was only doing this to be part of the office team and build staff morale! But eleven years later, there I was: on the morning of April 19, 2016, I stood at the starting line in Hopkinton, ready to begin my first Boston Marathon.

How did this happen? I had kept up recreational running after my Sun Run experience. For Christmas 2013, my daughter, who shares my enjoyment of running, gave me a book titled Run Less, Run Faster. This training guide recommends doing only three focused training runs per week. The book also

this month's featured topic as well as view any video from the full library.

This month's featured topic :

## ***Pain Management***



- **What is Chronic Pain?**
- **The Pain Cycle**
- **Activity Management and Chronic Pain**
- **Principles for Movement in Chronic Pain**

LifeSpeak's is pleased to announce it's **Summer 2016 Campaign: "Family Relationships"** which runs July 7th to 28th, 2016.

## ***Family Relationships***

**Healthy relationships are a vital part of your health and well-being.**

The campaign focuses on education around the relationships in your life - couples, kids, friends, and ageing parents.

contained qualifying requirements for running the Boston Marathon – every runner's dream. Based on my times for running half marathons, I figured I had a shot at running a qualifying marathon in under 4 hours 10 minutes. So began the training odyssey.

I trained to run the Victoria marathon as my qualifying marathon. Training consisted of three runs per week totaling between 50 and 60 km. On Thanksgiving Sunday 2014, I ran the Victoria Marathon, and with the help of my daughter who hopped on the course and ran the last 5k with me to cheer me on, I was able to run it in 4:05. So it was off to Boston!

On the morning of the Boston Marathon, busses take you from Boston Common to the start line, which is 26 miles (42k) west of Boston. When my start time of 11:15 a.m. arrived, I moved to the start line to begin the journey. The cheering crowds begin right there at the start.

As a runner, you begin in the small town of Hopkinton and move on to Ashland, then Framingham, then Natick. When you come to the next town, Wellesley, there is what is called the “scream tunnel,” where the girls from Wellesley College aim to ensure they make the most

The first portion of the campaign **"Couples and Families"** showcases the following training modules:

- **Sharing Housework**
- **The Five Stages of a Couples Relationship**
- **A Shift Work Primer: Couples Relationship**
- **The Blended Family**
- **Taking Control and Letting Go: Achieving Work Life Harmony**
- **The Calm Technique: Conflict Management**

Sign up now for the next  
**Ask the Expert Web Chat**

When? **June 21st at Noon EST**

Who?

**Alyson Schafer,  
Parenting Expert  
and Author**



What? **Parenting Through  
Tough Summer Issues:  
Boredom, Summer Jobs and  
Family Travel**

noise of any cheering section. It's also where I had my own personal cheering section: my wife Darlene, daughter Kristin, and friends from Seattle and Boston. I was still feeling pretty good and halfway there!

You then move on through Brookline and finally reach the four hills of Newton, the last of which is famously named Heartbreak Hill. Though not especially high (climbing 91 feet), Heartbreak Hill lands at a difficult point in the race, after 20 miles (23k) of mostly a slight downhill grade.

Once you've made it past the hills, you know it's not too far to the end. Although your body is exhausted, the cheering crowds make you feel like a star athlete and give you the power to finish the race. What a great feeling it was to cross the finish line!

What did I take away from this experience? God has given us incredible bodies, and it is our responsibility to take good care of them. In long races, it's not just physical stamina that's required, but mental preparation as well. It's never too late in life to set goals. And if you keep focused on the goal, you can accomplish much more than you ever thought possible.



## ***Keep the Summer Stress-Free***

By increasing your awareness and understanding your reactions to triggers, you can better manage stress to improve your mental and physical health. Let your EFAP help you achieve the first step towards effective stress management - Just in time for summer!



Click to try the [\*\*Stress Coach Connects\*\*](#) online program.

Click to read more helpful articles from this month's [\*\*Balance\*\*](#), a newsletter from Shepell, your

## Employee and Family Assistance Program (EFAP).



GSI administers pension and benefits plans that enhance the well-being of employees who serve in the ELCIC and its affiliates.

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