



BC Ferry & Marine Workers' Union

International women's day: strength and

"Shop Stewards: Please Post on Bulletin Boards"

BC Ferry & Marine Workers' Union 1511 Stewart
Avenue, Nanaimo BC V9S 4E3 **Union Office**

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solidarity

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On March 8th, we celebrate the strength, skill, and leadership of women across our union and throughout the world.

Women have long played a vital role in our workplaces – on deck, in terminals, in engineering, in trades, in catering and in our

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union leadership. While progress has been made, we acknowledge that barriers still exist. Gender equity, harassment, safety, respect on the job, and under-representation in certain departments are realities we continue to face.

International Women's Day is a reminder that

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solidarity matters. When we stand together and lift each other up, our union grows stronger.

In solidarity,

BCFMWU Women's Committee

Hayley Walker

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Kimberly Cole
Robynn Pitcher

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Progress, not perfection: tips for

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sticking with your goals

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A new year for many is a chance for a new beginning. In January, the gym is packed with everyone trying to lose that 10 pounds, but by March many have already given up on their resolutions. Here are some tips to help you keep your resolutions for 2026:

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Don't have an all or nothing attitude

It's okay to miss a day at the gym. Or to slip up and have that cigarette when you are trying to quit smoking. You don't have to be perfect. Be kind to yourself and adjust your plans as needed. Keep trying and don't be discouraged by

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setbacks.

Be realistic

Don't make a million resolutions. Keep it focused and set small goals. If you want to run a marathon, start by walking a half mile and

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gradually increase the length and speed.
Increase the frequency after you make it a habit
of gradually introducing it into your routine.

Team work makes the dream work

Have a friend who has a similar goal. You can

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encourage each other to show up. It's social, fun, and increases accountability. Send out a mass email to your friends, or use social media to state your intended goal. For example, I want to do the Sun Run. Does anyone want to commit with me to a training meet up 2 times a week?

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Use the tools available to you

BC Ferries employees can use WHEEL a financial reimbursement that helps you commit to your health and wellness plans and goals. Every fiscal quarter an employee can claim per application up to \$150 for a membership (gym or rec center),

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personal health platforms, equipment (running/hiking shoes), event registration and one application per year for a fitness tracker which would help keep track of your goals (walking 10,000 steps).

Reward yourself

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Celebrate your small goals, positive reinforcement works on everybody. Treat yourself to what motivates you and fits into your budget.

Goals don't have to be big

Make time for your friends. Be present, listen.

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Meditate. Focus on your breathing. Eat less processed food. Spend more time in nature. Prioritize sleep, cut down your weekly screen time. Spend more time with your family.

Like a road trip, it's not a race to the end. Enjoy the journey. You may take a wrong turn,

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but that just leads to another adventure.

And you can always do a reset. Chinese New Year falls on February 17. You can start again.

Amy Chow, Local 4, BCFMWU Mental Health Committee

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Having a healthy holiday

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season: tips from our mental health committee

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Movies glamorize the holidays but for many it's a stressful time. There's the pressure to host, cook, clean and socialize while bills pile up buying friends and family that perfect gift. Holidays are also a time of indulging in rich foods, alcoholic drinks, junk food and candy.

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Plan ahead & schedule time for self-care

Staying active during the holidays is essential. Go for a walk during your break or schedule time for yourself to go to the gym or pool. Relax in the steam room, sauna and hot tub. Use your health and wellness benefits.

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Get proper sleep to help you cope with stress. A lack of sleep can exasperate any mental health issues like anxiety, depression, or seasonal affective disorder.

Say no and set boundaries

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You can't do everything and you can't say yes to every social invitation. Prioritize your needs and feelings. If you don't have the energy, or would rather stay home, just say no. Simply say, "Unfortunately I can't meet at this time, but let's meet in the new year." Or have a Zoom get together. There's a lot of games you can play

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online with multiple players.

Be present

It's easy to be overwhelmed by all the multi-tasking that needs to be done during the holidays. But get grounded and enjoy the moment

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with your family and friends. Listen. Put your phones away.

Slow down and breathe

Imitate the Japanese who practice forest bathing; immerse yourself in the forest. The intent is to

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be in the present-moment and experience the sights, sounds and smells. It helps our brain to stop anticipating, ruminating and worrying.

When we experience stress, we tend to hold our breath. Take time to focus on your breathing.

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Paced breathing involves consciously inhaling and exhaling according to a set rhythm. For example, you might inhale for four counts, exhale for six and repeat. Taking the time to breathe can help you manage your stress, thoughts and feelings. Breathing tells your nervous system everything is okay.

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Write in a gratitude journal

Write five things you're grateful for. It could be as simple as a hot cup of tea. Regularly practicing gratitude can lead to more positive feelings and better sleep. It's a simple way to make yourself feel better.

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Be kind

Buy a hot soup from the deli for the homeless person outside the grocery store, or volunteer at a charity, such as the Salvation Army or the SPCA.

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Resources by community

This post has a new home. Redirecting to the new page... If you are not automatically redirected, please click here.

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Mental Health and

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Addiction Supports

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A horizontal banner divided into two sections. The left section has a light blue background and features a yellow circle with "9-8-8" in black, followed by the text "Suicide Crisis Helpline". The right section has a red background. It features a white map of Canada with black location pins, the text "Service now available across Canada. Dial 2-1-1 or visit 211.ca", a white oval containing "211" in red, the text "HELP STARTS HERE", and the United Way logo with the text "United Way Centraide".

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