

SMALL STEPS, STEADIER GROUND

Your Monthly Dose of Wellness, Growth and Support



Our Thoughts Are With Our Community

As wildfires continue to affect our area, our hearts are with everyone who has been evacuated, displaced, or impacted and with those worried about loved one homes, pets, and safety.

We're also thinking of the firefighters, first responders, and volunteers working tirelessly to protect others.

Please check in with the people around you, reach out for support when you need it, and be gentle with yourself right now. Connection matters most in times like these.

To everyone affected: you are in our thoughts. We're wishing you safety, strength, and hope as our community comes together. Please don't hesitate to reach out for support.

Welcome friends!

August arrives with a natural shift in rhythm as summer freedom begins to give way to the structure and routines of a new school year. For many people, especially those with ADHD, this transition can bring mixed emotions, changes in energy, and challenges with focus, organization, and regulation as the brain adjusts to a different pace.

This month, we're exploring how to support mental health during seasonal transitions, helping the ADHD brain move from relaxed summer schedules into more structured routines with greater ease and compassion. We'll also be focusing on physical health habits that support energy and well-being, along with mindful approaches to reducing alcohol and the positive impact it can have on sleep, mood, focus, and overall health. Here's to creating supportive routines, healthier habits, and a smoother transition into the season ahead, one small step at a time.

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MENTAL HEALTH SPOTLIGHT

From Summer Freedom to School Structure: Helping the ADHD Brain Make the Transition

Summer often brings more freedom, fewer routines, and a slower pace of life. For many kids and teens with ADHD, and their parents, it can feel like a much-needed break from the demands of school and structured schedules.

As September approaches, the shift back into routines, early mornings, homework, and social expectations can feel overwhelming. The ADHD brain often struggles with transitions, organization, time management, and adjusting quickly to change.

During this time, children may seem more emotional, forgetful, anxious, or resistant. This isn't laziness or lack of effort; it's a brain working hard to adapt to a major shift in expectations and routine.

Simple visual supports like calendars, checklists, whiteboards, and predictable routines can help make the transition feel more manageable. Small steps and gradual preparation often work better than sudden changes.

Back-to-school season can also bring big emotions for both kids and parents. Leading with patience, curiosity, and compassion can help ease stress and support emotional regulation during this transition. Most importantly, progress matters more than perfection. Every small step toward routine, regulation, and confidence is worth celebrating.

Start Before School Starts:

- Move bedtime earlier by 15–20 minutes every few days.
- Begin waking up closer to school hours.
- Practice morning routines.
- Visit the school or walk through the route if possible.
- Organize supplies together.



HEALTH SPOTLIGHT

How Much Alcohol Is Too Much?

BY DR. ALI MCMILLAN, BSC. ND

It did not take me long to learn that wine is a big part of Kelowna's culture. We are, after all, surrounded by wineries. Many events include wine, and there is often an expectation that everyone has a glass in hand. If your glass starts to empty, someone is usually ready to refill it.

In these settings, it is easy to lose track of how much you have consumed. Over time, our perception of what counts as "a drink" changes. While no amount of alcohol is considered healthy, the risk of harm increases significantly above about 100 grams of alcohol per week.

The Medical Perspective Has Changed

For many years, medicine suggested that moderate alcohol intake could be beneficial, recommending up to 10 drinks per week for women and 14 for men. I remember learning that small amounts of alcohol reduced the risk of Alzheimer's disease and that wine was considered a healthy part of the Mediterranean diet because of its antioxidants.

We now know those conclusions were based on flawed research. Earlier studies grouped non-drinkers with light drinkers, making it appear that small amounts of alcohol were protective. When researchers separated these groups, the supposed benefits largely disappeared. Current evidence shows that all-cause mortality rises sharply above 100 grams of alcohol per week, making the old guidelines outdated.

How Much Alcohol Is Too Much?

Although any alcohol increases long-term health risk, the risk rises much more dramatically above 100 grams per week. That is about 7 standard drinks per week, or 1 standard drink per day. Staying at or below this level keeps you in a lower-risk category.

Tracking your drinks with a calendar or app can help, but count standard drinks, not glasses. One standard drink contains 14 grams of alcohol: 12 oz (355 mL) of regular beer (5%), 5 oz (148 mL) of wine (12%), 1.5 oz (44 mL) of spirits (40%)

A large restaurant glass of wine may equal nearly 2 standard drinks. If you're unsure, use the University of Victoria Standard Drink Calculator. Most people underestimate how much they pour.

When to Seek More Help

For many people, understanding the risks and tracking their drinks is enough to reduce alcohol intake. However, if you have developed a physical dependence, stopping suddenly can be dangerous. If you experience withdrawal symptoms when you cut back, seek medical support. A gradual reduction plan supervised by your family doctor or another healthcare provider is much safer.

If you have tried to cut back but keep running into obstacles, I can help. My approach looks beyond alcohol use alone, considering your readiness for change, stress, overall health, and capacity to make changes. There is no judgment or guilt, just a plan tailored to your needs and goals.

WELLNESS SPOTLIGHT



Nature & Mental Wellness

When life feels overwhelming, many people try to stay inside, disconnect, or push through stress without slowing down. But sometimes what the mind and body need most is a chance to reconnect with the natural world.

Spending time in nature can help calm the nervous system, reduce stress, improve mood, and create a sense of grounding. Activities such as walking through a park, sitting by the water, hiking, gardening, or simply getting fresh air can support both mental and physical well-being without adding more pressure or stimulation.

If you've been feeling anxious, emotionally drained, or disconnected, your body may not need more productivity, it may need more time outside.

NUTRITION SPOTLIGHT

ICED TURMERIC TEA

Enjoy this healthy refreshing beverage packed with antioxidants.

Tumeric Tea:

- 2 cups water
- ½ teaspoon ground turmeric
- ½ teaspoon chopped fresh ginger
- ½ teaspoon cinnamon (optional)
- 1 tablespoon honey
- 1 lemon wedge

1. Bring water to a boil in a small saucepan, then add turmeric, ginger, and cinnamon
2. Reduce the heat to medium-low, then simmer for ten minutes
3. Strain the tea into a large glass, then add honey (to taste, you can add more) and lemon
4. Let it cool, then add Ice.
5. Enjoy!



Recipe taken from [allrecipes](https://www.allrecipes.com/recipe/258358/turmeric-tea/)

UPCOMING EVENTS

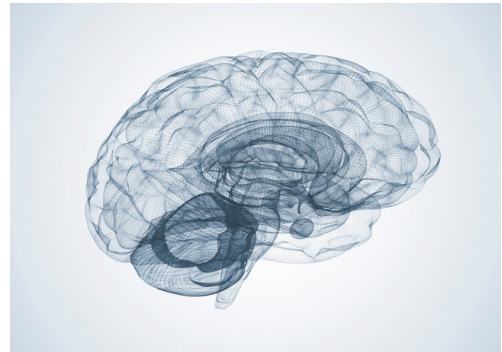
Let's Talk About Migraines

If you live with migraines, or simply want to understand them better, come join Dr. Ali for an informal evening of conversation about migraines.

This is not a lecture, presentation, or PowerPoint night. Instead, we'll sit down together and talk. Dr. Ali will share some of the newer ways we understand migraines, including how our thinking about triggers has changed, why migraines are so much more than headaches, and what we can actually do to reduce its impact. We'll talk about the pros and cons of different treatment options, from lifestyle and supplements to medications and acupuncture, and she'll have some practical resources for you to take home.

Most importantly, **bring your questions and your experiences.** The conversation will be shaped by the people in the room. You're welcome to ask questions, share what you've experienced, or simply have a cup of tea and listen.

Tuesday, September 22nd at 6:30 PM
Classroom at Reflective Soul Therapy & Wellness
Hosted by Dr. Ali McMillan, Naturopathic Doctor
Cost \$10
Register Here: [Eventbrite Migraines](#)



Bone Density Screening Opportunity

Reflective Soul Therapy & Wellness will host BoneHealth BC, a company providing convenient assessments of bone health. A Bone Mineral Density scan is a viable tool for determining bone health, assessing osteoporosis, and guiding preventative treatment measures to reduce the risk of fractures and bone strength.

Benefits:

- ✓ Early detection of Osteoporosis and Osteopenia
- ✓ Monitoring treatment efficacy
- ✓ Guidelines for lifestyle change
- ✓ Early detection of other conditions

Date: September 24, 2026

[Book Apt Here](#)

Learn More: <https://www.bonehealthscan.ca/>

