

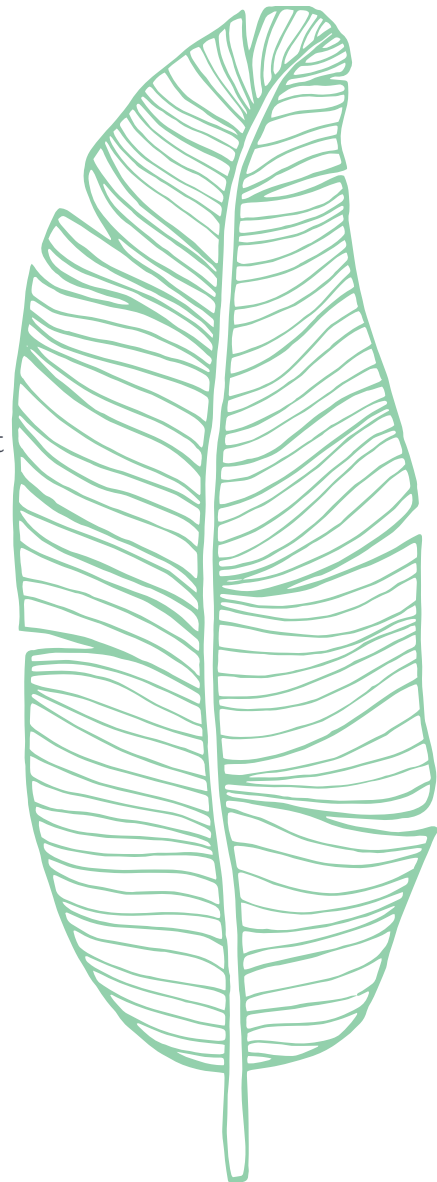
Spring Flourish Newsletter

Dear Flourish Research Families!

Spring is the season of new beginnings and with that comes new opportunities and challenges. Before announcing our new beginnings, we would first like to thank you for your invaluable dedication to our research, particularly in these uncertain times. So thank you!

As this is the season of new beginnings, we would like to share a new study that we will be helping to launch as part of our collaboration with the University of Oxford. Lampros Bisdounis, a doctoral student in the Department of Psychiatry at the University of Oxford, will hopefully be coming to MDCO to launch this study this coming autumn. The aim of the study is to identify sleep disorders and disruptions in the sleep-wake cycle of young people at variable risk for mood disorders during the most critical age for mood disorder onset (i.e. ages 12-25). The study will use a variety of measures including actigraphy (activity level of the body affecting the amount and quality of sleep), sleep diaries and questionnaires. We will be recruiting from the Flourish Research families for this study. If you or your children are interested in taking part in this study, please e-mail or call our research coordinator, Elizabeth Tetzlaff, and she will provide you with further details.

In addition to this new and exciting sleep study, the Flourish high-risk study is still active and we are trying to connect with everyone at least once this coming year for an updated research visit. Given the current situation with COVID-19, we are conducting our research visits remotely either by phone or Skype.





Tip #3: Eating well and getting a good night sleep. In addition to staying active and physically distancing, it is also important to ensure that we are all eating well and getting enough sleep.



Exercise, sleep, proper nutrition, keeping in contact with our support networks, and washing our hands are effective ways of helping our immune systems and overall physical and mental well-being.

We wish you all the best for the coming season and a Happy Easter! Remember to check out our website for research updates and recent publications.

On the topic of COVID-19, we thought we would conclude this newsletter with a few tips for how to stay healthy and safe during this time.

Tip #1: It is important that we keep active and moving during this time. Going for a walk or jog, doing yoga or stretches at home, or getting out in the garden are all great ways to keep active while also staying safe and protecting others.

Tip #2: Remember it is more about physical distancing than social distancing, so be sure to keep in contact with family and friends over face-time or by phone.



Contact Information:
Mood Disorders Centre of Ottawa
1 Nicholas Street, Suite 302
Ottawa ON, K1N 7B7
Phone: (613) 526-3091
E-mail: researchmdco@gmail.com
Website: www.mdco.ca



**Mood
Disorders
Centre of
Ottawa**