

# Wellness Newsletter



December 2023

## Tie One On For Safety

During the holiday season, the **"Tie One on for Safety"** campaign serves as a crucial reminder of the importance of responsible choices when it comes to alcohol consumption and driving. As festivities intensify, so do the risks on the roads due to increased celebrations and heightened alcohol intake. This initiative encourages individuals to tie a red ribbon on their vehicles, symbolizing a commitment to prioritizing safety. This simple yet powerful gesture signifies a collective effort to prevent the dangers of drinking and driving.

By embracing **"Tie One on for Safety,"** we not only contribute to creating a safer environment on our roads but also promote a culture of responsible celebration. In a season filled with joy and merriment, this observance underscores the significance of safeguarding ourselves and those around us, ensuring that the holidays remain a time of celebration rather than tragedy.

Here are some effective tips for embracing the **"Tie One on for Safety"** initiative:

- 1. Designate a Driver:** Prior to embarking on a night of celebration, designate a driver who will abstain from alcohol, ensuring a safe ride home for everyone.
- 2. Use Rideshare Services:** Take advantage of rideshare services like Uber and Lyft, making it convenient to secure a safe ride home after consuming alcohol.
- 3. Plan Ahead:** If hosting a party, provide non-alcoholic beverages and ensure guests have a sober ride home. Encourage responsible drinking.
- 4. Spread the Word:** Share the "Tie One on for Safety" message with friends and family to raise awareness and promote responsible choices during the holiday season.

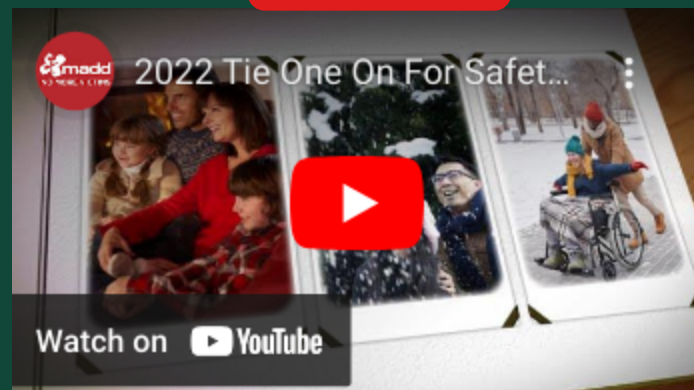
Let's incorporate the **"Tie One on for Safety"** campaign into our holiday traditions. By doing so, we contribute to creating a safer environment for everyone, ensuring that the joy of the season isn't harmed by tragedy. Remember, taking a moment to tie a ribbon on your vehicle can make a world of difference in maintaining safety on our roads.

INITIATIVE STARTED BY:



[HTTPS://MADD.ORG/](https://madd.org/)

CLICK ON THE VIDEO TO  
LEARN MORE



# 9 keys to a Resilient holiday

## Plan ahead to feel more in control.

Plan ahead to regain control and reduce stress during the holidays by creating a realistic list of tasks. Tackle the list early, seeking help if needed, and consider trimming it down if it becomes overwhelming. Planning ahead fosters better decision-making, minimizing emotional stress.

## Stay in balance.

Make sure you include enjoyable activities in each day, not just your holiday obligations. Reward yourself when you have accomplished goals, even small ones. Consider seeing a comedy or listening to music. Do things that feel good!

## Visualize your day ahead of time.

Go through each day first in your mind's eye. An early preview of the day allows you to discover obstacles before they occur, plan ways around them and clear paths toward greater success. Visualizing your actions also gives you greater confidence about doing them correctly.

## Make sure it's your agenda.

The holidays are often filled with perceived obligations. Make conscious decisions about those obligations. Make sure they are your choices, not someone else's. Could you send fewer holiday cards, visit relatives on a different day, or agree with friends to go out to dinner or do a potluck rather than doing all the cooking?

## Mindfulness and adjusting your perspective.

Practice mindfulness by being in the moment and accepting your surroundings. Recognize that your perspective shapes what you find important or insignificant in a situation, influencing your emotions. Choose to focus on the positive aspects, as research indicates that dwelling on the negative can sensitize your brain to a more negative outlook, impacting your overall well-being and stress levels.

## Focus on relationships during the holidays.

The holiday season accentuates the discomfort of being alone. Don't wait until the last minute to call friends or make plans. Take the initiative to find those in similar circumstances, people that you know or would like to know better, get tickets for a show, or plan some other activities. Hold the intention of using this time of year to deepen your relationships with caring people.  
Be good to yourself.

## Take initiative to resolve emotional unfinished business.

Embrace the holidays as a time for renewal and preparation for the upcoming year. Release old grievances through generous forgiveness, allowing yourself to feel liberated. Address procrastinated tasks by breaking them into manageable parts, seeking support when necessary, and granting yourself permission to let go of unrealistic goals.

## Smile each day.

Smiling is a unique and challenging yet beneficial act. Even if you feel you need a reason, smile first and then find one. Embrace the humor in holiday chaos, share smiles with others to alleviate stress, and start each day with the intention to be happy, reinforcing it with a daily reminder.

## Eating To Help HOLIDAY STRESS

Take a bite out of stress with some seasonal foods filled with mood boosting nutrients. When in a high stress situation or needing extra concentration, try eating some of these foods to help focus and stay calm.

**Omega-3 fatty acids** have an incredible impact on the brain. Omega-3's are found in seafood sources from oily fish such as salmon, rainbow trout, sardines, mackerel, and halibut. Non-seafood sources including walnuts, chia seeds and dark leafy greens can also make a contribution to your omega-3 needs.

**Blueberries, raspberries, strawberries** are all good sources of vitamin C which can help combat stress.

**Cashews** are a good source of nutrients such as magnesium, zinc and vitamin B6, which can help reduce feelings of stress.

**Brazil nuts** contain selenium, a powerful antioxidant that has been proven to boost mood and mental performance.

**Bananas, turkey and chickpeas** are natural sources of key nutrients that may play an indirect role in increasing the amount of serotonin the brain is able to produce.

When feeling down, **limit sugar intake.**

The crash after a sugar high can easily make you feel worse.



## HYDRATED Over The Holidays

Staying hydrated throughout the cooler season is just as vital as in hotter weather. Drinking enough water can help to control weight, boost immunity, protect skin, aid digestion, maintain blood pressure, and even fight exhaustion.

**A FEW SUGGESTIONS TO STAY HYDRATED OVER THE HOLIDAYS INCLUDE:**

Drink more water before reaching for food. To control hunger, help with digestion, and flush waste.

Take a bottle with you. Whether on the go or at holiday functions, keep a reusable water bottle filled and on hand to sip from.

**Tea Time.** Pass on cocktails and enjoy some herbal teas. Try peppermint tea for a festive flavor.



# Year-End Reflection: Nurturing Growth and Gratitude

As we approach the end of the year, it's a perfect time to reflect on the experiences, challenges, and triumphs that have shaped our journey.

Take a moment to ponder the following questions:

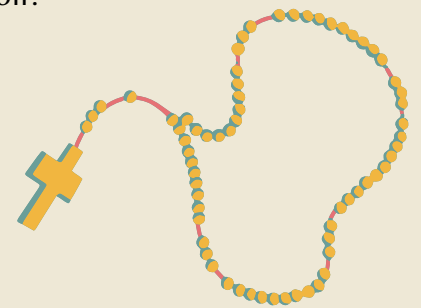
1. What were the highlights of this year?
2. What challenges did you overcome, and what did you learn from them?
3. In what ways did you prioritize self-care and well-being?
4. What are you grateful for as the year comes to a close?
5. What intentions do you want to set for the upcoming year?

Reflecting on these questions can provide valuable insights and set the foundation for a positive and intentional start to the new year.

As these questions help you reflect on this past year, may it help start to create the new goals for the coming year. Wishing you a joyous and mindful holiday season!

The **MORE**  
you **REFLECT**  
the **MORE**  
you **LEARN**

## Navigating Grief during the Holiday Season



Here are some points to help navigate through the challenges of grief during the festive period:

As we approach the festive season, it's important to recognize that for many, this time of year can be bittersweet, marked by the absence of loved ones. Grieving during the holidays is a unique journey, often accompanied by a mix of emotions that can be challenging to navigate. Whether you're grappling with the recent loss of a dear one or carrying the weight of memories from years past, it's essential to acknowledge and honor your feelings.

- **Acknowledge Your Feelings:** Allow yourself the space to feel a range of emotions, from sadness to nostalgia, and understand that it's a natural part of the grieving process.
- **Create New Traditions:** Consider establishing new rituals that honor your loved one's memory or bring comfort. This can be a powerful way to incorporate their spirit into the holiday celebrations.
- **Lean on Support Systems:** Surround yourself with understanding friends and family who can offer a listening ear or a comforting presence. Sharing your feelings can be a powerful step in the healing process.
- **Set Realistic Expectations:** Understand that this holiday season might be different, and that's okay. Adjust your expectations and give yourself permission to take things at your own pace.
- **Take Care of Yourself:** Amidst the hustle and bustle, prioritize self-care. Whether it's taking a quiet moment, engaging in activities you enjoy, or seeking professional help, ensure that your well-being remains a priority.



**"The loss happens in time,  
in fact in a moment, but its  
aftermath lasts a lifetime"**

**- David Kessler**

Remember, grieving is a unique and personal process, and there is no right or wrong way to navigate it. Embrace the support around you, and allow the healing journey to unfold naturally.



# "Honoring Memories Ornament"

Create a special ornament in memory of your loved one. This simple and personal activity can be a therapeutic way for you to honor and remember those you've lost and will especially miss during the holiday season.



Here is what you will need:

## Materials Needed:

- Clear or plain ornaments (glass or plastic)
- Small pieces of paper or cardstock
- Pens, markers, or colored pencils
- Ribbon or string
- Optional: Glitter, small trinkets, or other decorative items



## Instructions:

- **Prepare the Ornament:** If you're using clear ornaments, open them up. Alternatively, you can use plain ornaments that provide a surface for drawing or writing.
- **Write or Draw Memories:** I encourage you to write down memories, messages, or draw images that remind you of your loved one on the pieces of paper. These can be specific to the holiday season or simply moments that bring joy and warmth.
- **Place Memories Inside:** Fold or roll the pieces of paper, and place them inside the ornament. You can also place pictures, or keepsakes inside the ornament. Use a clear ornament so the memories will be visible, creating a visual representation of the cherished moments.
- **Decorate the Ornament:** Decorate the outside of the ornament as you see fit. You can use pens, markers, or add small decorative items like glitter to make it uniquely special.
- **Tie a Ribbon:** Attach a ribbon or string to the top of the ornament for hanging on a tree or in a special place.
- **Hang and Reflect:** Find a meaningful spot to hang the ornament—whether on a holiday tree or in a place that holds significance. I encourage you to take a moment to reflect on the memories and celebrate the life of your loved one.





# Featured Recipe of the Month

# Creamy Garlic Skillet Chicken



## Ingredients

- 1 pound chicken cutlets
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 3 large cloves garlic, grated
- ½ cup dry white wine
- 2 cups coarsely chopped fresh spinach
- ½ cup heavy cream

## Directions

### Step 1

Sprinkle chicken with 1/4 teaspoon each salt and pepper. Heat oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and cooked through, about 6 minutes. Transfer to a plate.

### Step 2

Add garlic to the pan and cook, stirring, for 30 seconds. Increase heat to medium-high and add wine. Cook until slightly reduced, about 1 minute. Return heat to medium and stir in spinach, cream and the remaining 1/4 teaspoon each salt and pepper. Simmer for 2 minutes. Return the chicken to the pan and **turn to coat with the sauce.**

<https://www.eatingwell.com/recipe/7938891/creamy-garlic-skillet-chicken-with-spinach/>

## RESOURCES AVAILABLE TO YOU!

### If you are experiencing any of the following...

Depression, anxiety, and stress  
 Substance abuse  
 Relationship problems  
 Workplace conflicts  
 Parenting and family issues  
 Living with chronic conditions  
 Child and elder care

### The service that is being offered for the employee

You can speak to a counselor by using our EAP offered through Optum. free employee counseling services are provided primarily through phone based counselors, who are available to assist you 24 hours a day, seven days a week by calling (866) 248-4104, or by logging on to [www.liveandworkwell.com](http://www.liveandworkwell.com), access code 11040. Limited sessions.

You or someone you know cannot provide enough food for their families  
 Need basic household items  
 Need assistance with the delivery of medication(s), especially to the elderly, homebound and pregnant women.

**HEARTS TO SERVE**  
 HOTLINE AT 855-423-6780 FROM  
 8 A.M. TO 6 P.M. DAILY

Have experienced the loss of a job or income, the need for food or housing or for help getting out of a dangerous situation.  
 If you are facing an internal challenge such as depression, a physical ailment or disability or other mental or physical health crisis.

**CATHOLIC CHARITIES**  
 EMAIL:  
[INFO@CATHOLICCHARITIESLA.ORG](mailto:INFO@CATHOLICCHARITIESLA.ORG)  
 TELEPHONE: (213) 251-3400.

If your salary or hours were reduced and you cannot provide enough food to feed your family or facing eviction.

The Cardinal McIntyre Fund is available to you.  
 Contact Mary Ann Capers at (213) 637-7506 /Email: [MCapers@la-archdiocese.org](mailto:MCapers@la-archdiocese.org)

If you or your family experienced a death in the family and need funereal services.  
 Discount Program offered by CCM

Catholic Cemeteries & Mortuaries Employee Discount Program

Contact: Sales Support  
 (888) 912-6516

# Merry Christmas



## Quote of the Day

“Happiness is the highest form of health”  
 - Dalai Lama

## Health Tip of the Day

Limit blue light before bed.

The blue light emitted by your tech devices may be the cause of those restless nights. Put your phone or laptop away at least an hour before bed to set yourself up for a good night of sleep.

