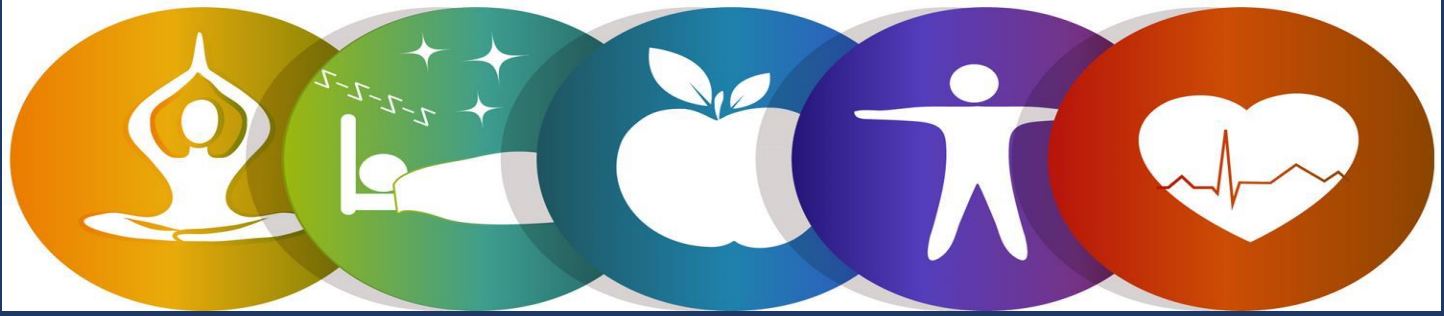


# WELLNESS



Give  
Yourself  
a break

## THIS WEEK'S THEME:

### TAKE A BREAK - BE KIND TO YOURSELF!

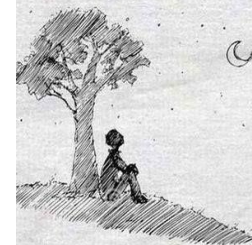
The Holiday Season is a busy time for many people. With so many things to do, it can be easy to forget to take a break and relax. However, it's important to make time for **yourself** during this busy season.

Here are some ideas for taking a break during the winter break:

1. **Take a walk:** Going for a walk is a great way to clear your mind and get some fresh air. Reach out to a friend to see if they want to join in....or if you have a furry friend, I am sure they would love it!!
2. **Read a book:** Reading is a great way to unwind and escape from the stresses of everyday life....even listening to an audio book is a great way to do something just for you!
3. **Hunker down and watch a movie:** There are many classic Christmas movies out there including "Home Alone", "Elf", or "A Christmas Carol"....or maybe you want to hunker down to a good thriller or drama – either way, a good way to relax!
4. **Bake some cookies:** Baking is a great way to relax and enjoy the holiday season. You can bake some classics like gingerbread or sugar cookies. How about trying a new recipe.
5. **Do some yoga:** Yoga is a great way to relax and reduce stress. There are many yoga videos online that you can follow along with.
6. **Look at trying a new hobby in the new year:** I recently tried my hand (again!) at crocheting and it is now something I look forward to on these darker evenings after work;

**Remember, taking care of yourself is important, especially during the holiday season. I hope these ideas help you relax and enjoy some "me time"!**

You will never speak  
to anyone more than  
you speak to yourself  
in your head, be kind  
to yourself.





**THANK YOU** to everyone who participated in the **Gingerbread**

**Contest!!!** – I am glad that I didn't have to be a judge!! – Great Job all!!



**• MOST CREATIVE – Ashley Noyes**



• **MOST BEAUTIFUL – Jessica Wambua**



• **MOST TRADITIONAL – Jolene Achurch**

# Hul'q'umi'num Greetings - DECEMBER

Hul'q'umi'num greeting for this week:

**Meli Klismus 'i 'lyus Xew's Sil'anum**

**Merry Christmas and Happy New Year**

- more Hul'q'umi'num words and greetings coming in the New Year!!!!



As we approach the end of this 2023 year, please take a moment to reflect on any challenges you may have faced and the progress you have made to get here today. Sometimes we really need to celebrate the small “wins” in life!! It is now time to take a well-deserved break from our daily routines. We can hopefully use this time as an opportunity to recharge, reflect, and enjoy some time spent with family and friends.... even the furry kind! – I know my two wee dogs will appreciate me being around a little more over the holidays!!! Please also remember those who may be struggling and extend a helping hand where we can.



I hope this holiday season brings you good health, joy, peace and a chance to come back relaxed and refreshed for the new year!!

**Merry Christmas, Meli Klismus, Happy Holidays everyone!**



If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S –  
send me an email! [dwhyte@sd79.bc.ca](mailto:dwhyte@sd79.bc.ca)

....until next YEAR!!!!

Take care,

*Donna Whyte*

**Donna Whyte**  
HR Health & Wellness Manager

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