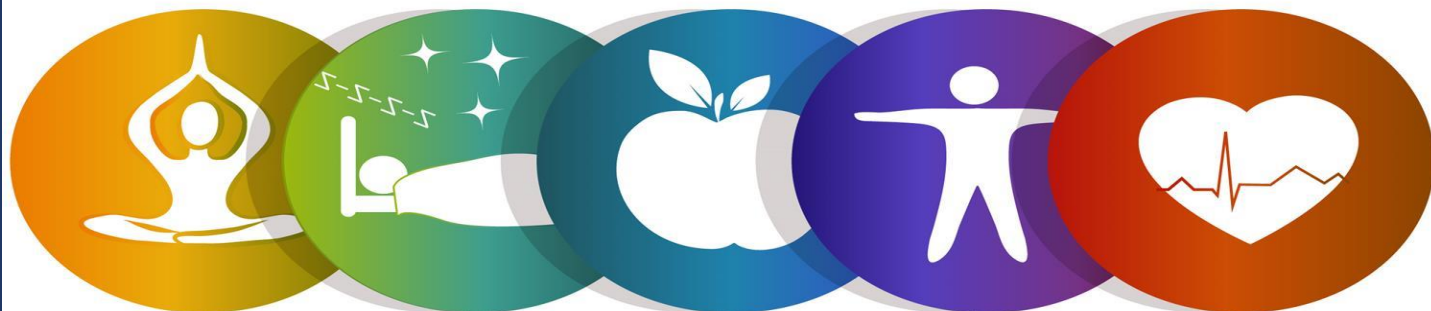


WELLNESS



THIS WEEK'S THEME:

Gluten Free SNACKS!

A gluten-free diet is an eating plan that excludes foods containing gluten, which is a protein found in wheat, barley and rye. It is essential for managing celiac disease and other conditions associated with gluten, such as gluten sensitivity and wheat allergies. A gluten-free diet can also have some health benefits, such as improved digestion, reduced inflammation and increased energy. Some foods that are naturally gluten-free include fruits, vegetables, meat, eggs, dairy, nuts, seeds, legumes and certain grains, such as rice, quinoa, buckwheat and millet. However, some processed foods may contain gluten as an additive so it is important to read labels carefully and look for products that are certified gluten free.



Here is a fun Christmas Treat that is gluten free!!

FOR THE RICE CRISPY BASE

- 180 g gluten-free rice crispy cereal
- 70 g butter use Stork hard margarine if dairy-free
- 200 g marshmallows
- 100 g milk chocolate or dairy-free alternative if necessary

FOR THE TOPPING

- 230 g milk chocolate or dairy-free alternative if necessary
- 70 g white chocolate or dairy-free alternative if necessary
- Kit Kat Santas or other gluten free Christmas theme candy canes crushed (optional decoration!)

In a saucepan, melt together butter, milk chocolate and marshmallows. Stir throughout, it will take a little while, but don't let it stick. It will be smooth, thick and sticky once done. Place your rice krispies in a large bowl and pour in your marshmallow mixture. Mix well so that your rice krispies are evenly covered. Once the rice krispies are coated, spoon them into a prepared 9x9 inch square tin (with non-stick baking paper in it). Press them in so they're nice and firm. Melt your milk chocolate and white chocolate in separate bowls. Pour the milk chocolate over first then spoon the white chocolate over and swirl it all around to create a marbled effect with a skewer. Top with Kit Kat Santas and candy cane. Place in the fridge to completely set and chilled. Once set, remove from the tin and cut into squares. Enjoy!



Employees of our organization have access to professional counselling through Vancouver Island Counselling. This benefit is extended to all employees and their benefit eligible family members. This service is known as an Employee and Family Assistance Program or EFAP. Vancouver Island Counselling has been providing this service to companies and organizations since 1980.



What is an EFAP?

Vancouver Island Counselling is your EFAP (Employee and Family Assistance Program) and is a very important component of your employee benefit package.



What does it cost?

Vancouver Island Counselling services are provided at no additional cost to employees, retirees and their eligible family members.

Is it confidential?

Yes! We operate independently of the companies we serve. This autonomy and the location of the offices away from the worksite, help ensure our commitment to confidentiality.



Many EFAPs limit the number of counselling sessions to 3 or 4 per year, is this true for our EFAP at Vancouver Island Counselling?

No! There is no limit to the number of goal-oriented counselling sessions available to you or your family members at Vancouver Island Counselling.



Can I still use the EFAP if I'm away from work due to workplace shutdown, vacation, or medical leave?

Yes. Just like your health and welfare benefits, the EFAP does not stop when you are away from the worksite or on sick leave.

Where are you located?

Office locations to provide you with our EFAP counselling service: Duncan, Nanaimo, Port Alberni, Salt Spring Island, Victoria and Vancouver. Sessions are available by zoom, telephone or in person.

Are your counsellors well-qualified...are they professionally qualified?

Vancouver Island Counselling ensures that each of our counsellors holds a relevant graduate or doctorate degree in the counselling field.

How do I book an appointment with a counsellor?

Simply phone one of the numbers listed below. One of our administrative assistants will be pleased to help you arrange your appointment.



Vancouver Island Counselling

Duncan: 250 746 6900
Nanaimo: 250 754 8222
Port Alberni: 250 723 7001
Victoria / Gulf Islands / Lower Mainland
1 877 746 6911

305 - 394 Duncan St
Duncan, BC V9L 3W4



Holiday shopping can be a source of stress for many people, especially during these challenging times. I found some useful tips on the internet. Here are some of the main points:

Plan ahead and set a budget. Avoid last-minute shopping and overspending by making a list of what you need and how much you can afford.

Say no to some commitments. You don't have to attend every party or event that you are invited to. Learn to say no politely and prioritize your own needs.

Create relaxing surroundings. Listen to music, light some candles, or open the windows to let some fresh air in. These simple actions can help you feel calmer and more positive.

Maintain healthy habits. Exercise, eat well, sleep enough, and avoid excessive alcohol. These habits can boost your mood and immune system, and help you cope with stress better.

Share your feelings. If you are feeling sad, lonely, or overwhelmed, **don't keep it to yourself. Talk to someone you trust, such as a friend, family member, or therapist.** They can offer you support and comfort.

Respect differences. Family gatherings can sometimes trigger conflicts or arguments. Try to be respectful and understanding of other people's opinions and preferences. Focus on the positive aspects of your relationships and avoid topics that can cause tension.

Over the next few Newsletters, I would like to focus on some ideas for gifts we can give without spending any or very little \$\$ - do you have ideas or traditions that you would like to share?? – send me over an email!!!





1. November always ends on the same day of the week as what other month of the year? = **August**
2. In the Northern Hemisphere, November is a month in what season? = **Fall**
3. In the Southern Hemisphere, what season is November in? = **Spring**
4. What day does Daylight savings time end in November? = **First Sunday**
5. Why do they say that you “fall back” when Daylight Savings ends in November? = **because the clocks go back an hour**
6. What day in November do we remember those who have served in the armed forces? = **November 11th**
7. On November 28th, we celebrate what popular and sweet breakfast food? = **French Toast Day**
8. Who was elected president of the United States on November 6, 1860? = **Abraham Lincoln**
9. On November 22nd, 1963, this beloved president was assassinated = **John F. Kennedy**
10. On November 9, 1965, a tripped circuit breaker knocked out power to over 30 million people (one-sixth of the population). What was this called? **The Great Blackout!**

Thank you to everyone who played along and

THE WINNER IS.....MIKAILA CARDIN!!

Thank you for playing along Mikaila and Congratulations!!-

NO STRESS NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Wear an outfit that makes you feel awesome	Track your water intake	Make your bed	Unsubscribe from at least 3 junk emails
5	6	7	8	9	10	11
Take a 10-minute reflective walk outside	Give someone a genuine compliment	Listen to a mood-boosting song	Take a social media break today	Think of one obligation that is not serving you and bow out	Write down 10 things that you are a grateful for	Pick a new financial goal and set it
12	13	14	15	16	17	18
Sunday meal prep for the week	Reflect on your favourite ways to destress	Choose or create a positive affirmation	Imagine your perfect day and write it down	Plan a new tradition for the upcoming holidays	Connect with a friend or family member	Declutter a space
19	20	21	22	23	24	25
Take a relaxing bath	Sit in a quiet place and reflect on some good memories	Turn up your music and dance	Pick up a fall beverage from your favourite coffee place	Play a game with your children or pets or friends	Get creative – make something or learn a new craft	Start reading a new book
26	27	28	29	30		
Move! – hike, swim, walk, exercise class, yoga	Eat a healthy meal	Listen to a new episode on your favourite podcast	Pick and plan to make your favourite holiday treat	Treat yourself to something nice – could be as simple as lunch		

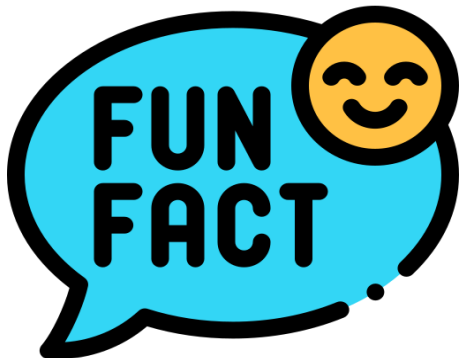
No Stress November is a month-long campaign that encourages people to take care of their mental health and well-being by engaging in activities that reduce stress and promote happiness.

Some of the benefits of participating in No Stress November are:

- You can learn new skills and hobbies that can enrich your life to make you more productive and creative.
- You can improve your physical health by getting enough sleep, eating well and exercising.
- You can strengthen your social and emotional connections by spending quality time with your friends, family, and community.
- You can enhance your self-esteem and confidence by practicing gratitude, positive affirmations, and self-compassion. **Celebrate your achievements and strengths.**
- You can cope better with challenges and difficulties by developing a resilient mindset, seeking help when needed, and finding healthy ways to relax and unwind.

You can also check out some of the activities and events that are happening in your area or online, such as yoga classes, meditation sessions, book clubs, art workshops, and more. No matter what you choose to do, remember to have fun and enjoy!

Wellness Wednesday FUN FACTS



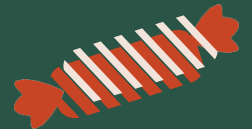
- Every hour, humans shed about 600,000 particles of skin, or about 1.5 pounds every year. By the time a person is 70 years old, they will have lost about 105 pounds of skin!!
- Taste buds are not visible to the naked eye; the little bumps that can be seen on the tongue are actually papillae, on top of which rest the taste buds!!
- A human sneeze can travel about 100 mph or more.

LET THE BAKING WARS BEGIN....



Gingerbread Creation Contest!!!

- *PLEASE SEND ME IN A PHOTO OF YOUR LOVELY AND UNIQUE CREATIONS!!*
- *YOUR ENTRIES MAY BE SHARED IN A LATER NEWSLETTER*
- *DEADLINE: DECEMBER 19TH AND WINNER ANNOUNCED DECEMBER 20TH*
- *3 GREAT PRIZES TO BE WON!!!!*

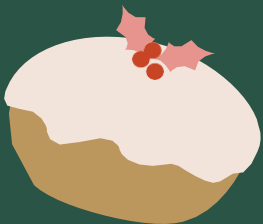


PRIZES will be given FOR:

- **MOST CREATIVE**
- **MOST BEAUTIFUL**
- **MOST TRADITIONAL**

PHOTOS SENT TO:

dwhyte@sd79.bc.ca



Hul'q'umi'num Greetings - November

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



Slhihws

Wednesday



Please follow link for an audio of how to properly pronounce this and other greetings and words – note that the link sometimes opens up as a NEW tab at the top of your screen.

[Beginner Greetings \(Level 1\) – Indigenous Education \(sd79.bc.ca\)](https://sd79.bc.ca)



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

...until next Wednesday....

Take care,

Donna Whyte

Donna Whyte
HR Health & Wellness Manager

dwhyte@sd79.bc.ca

