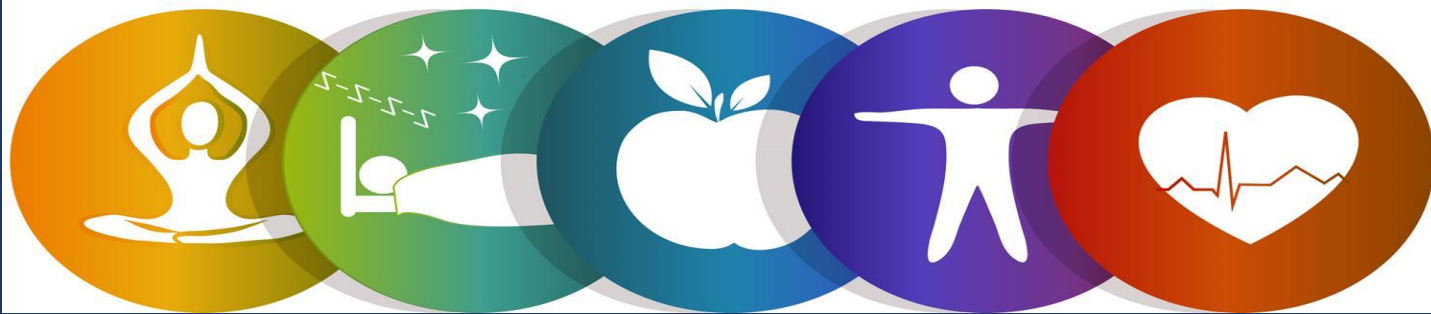


WELLNESS



NOVEMBER 8th, 2023

THIS WEEK'S THEME: CRACKERS



Crackers are a quick and easy snack and there are plenty of options in various shapes, sizes and flavours. While crackers can be a good part of your diet, there are a few things to consider when you're shopping for them: **Check the nutrition facts label.** Some crackers are higher in calories and contain high amounts of sodium and unhealthy fats. Choose whole grain crackers more often. Many crackers now have a higher-fibre option, using whole wheat flour, or added nuts and seeds, to boost flavour and provide some extra nutrition. Pay attention to portion control – it is very easy to fill up on crackers, but eating the amount recommended on the nutrition facts label should be enough to satisfy your appetite. Enjoy your crackers with a healthy source of protein –

such as low-fat cheese, **hummus** or nut butter – for a satisfying snack.

HUMMUS RECIPE

- 1 can chickpeas – **drained and rinsed**
- 1/4 cup fresh lemon juice
- 1/4 cup well-stirred tahini, (*optional*)
- 1 small garlic clove, minced (**I would add more!!**)
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons of water as needed
- Dash ground paprika on top



Add the olive oil, minced garlic, salt, tahini and lemon juice to a food processor and process for about a minute. Add in the chickpeas and process until thick and quite smooth; 1 to 2 minutes. If it is too thick, add a little water until you reach desired consistency.

Hummus is high in fibre which can improve your digestive health, lower cholesterol and makes you feel fuller longer. It's a good source of plant-based protein which can support muscle growth, immune system and overall health.

Fitness Facility Corporate Rates

Fit-Co

Bay 2- 5880 York Rd.
Duncan, BC
250-748-2202

- Personal training and nutritional guidance free for members (\$350 Value – some restrictions apply)
- Juice Bar and Vitamin Supplements
- Membership rates: Drop-in \$15 ~ 1-month \$75 ~ 3-months \$199 ~ 6-months \$349 ~ full-year \$499
- **Cowichan Valley School District Employee into. rate for 3 months only \$149.99 (new members only)**

Valley Health & Fitness

#1 – 1400 Cowichan Bay Road
Cobble Hill, BC
250-743-0511 or email info@valleyhealthandfitness.ca

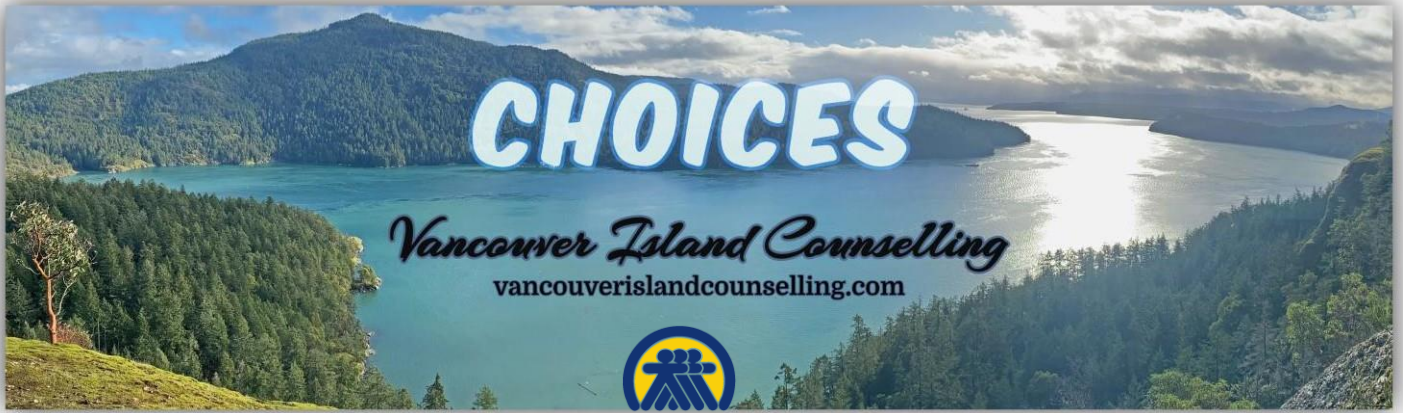
- Corporate rate of \$39.95 per month + GST (**with a 1-year membership**) or \$429.00 per year + GST if paid in full
- Includes Cardio/Weights/Group Classes (incl. yoga)/Infrared Sauna.

CrossFit Anchored Athletics

Unit #8 L-6961 Trans-Canada Hwy
Duncan, BC
778-997-3562

- Corporate rate of 27% savings on a **3-month commitment** for \$210 +tax per month (regularly \$289.99 per month).
- This 3-month Membership includes:

- 8x one on one Personal Training sessions
- 3 months of unlimited Group Classes
- 3 months of Gym Access using a Keyfob between 6am and 10pm
- 2x In Body Scan (body composition scan) to give initial body composition starting point. One in the first week and one at the end of the three months



Relationships

November 2023

As the skies begin to get darker earlier and falling behind is on its way, we often follow the seasons habits to stay in more and rely more on our closest relationships. As the winter approaches, it might be a good time to talk about relationships, the essential ingredient in life, partnership, children, parents, siblings, friends, and co-workers that might also be friends.

Boundary Styles

Boundaries define what is acceptable, and what is not, in a relationship.

It is possible to have different boundary types in different relationships.



Common traits of rigid, porous, and healthy boundaries.		
Rigid Boundaries	Porous Boundaries	Healthy Boundaries
Avoids intimacy and close relationships.	Overshares personal information.	Values own opinions.
Unlikely to ask for help.	Difficulty saying "no" to the requests of others.	Doesn't compromise values for others.
Has few close relationships.	Overinvolved with other's problems.	Shares personal information in an appropriate way (does not over or under share).
Very protective of personal information.	Dependent on the opinions of others.	Knows personal wants and needs, and can communicate them.
May seem detached, even with romantic partners.	Accepting of abuse or disrespect.	Accepting when others say "no" to them.
Keeps others at a distance to avoid the possibility of rejection.	Fears rejection if they do not comply with others.	

Qualities of a Healthy Relationship

Every relationship is unique. For example, the way one couple expresses appreciation may be very different from how another couple does so. However, healthy relationships tend to be alike in many ways.

These relationship green flags are associated with physical and mental wellness.

- **Appreciation** – You respect and value your partner, and express gratitude often.
- **Commitment** – You are invested in your partner and the relationship. You give the relationship adequate time and energy.
- **Conflict Resolution** – You take responsibility for your actions, and work as a team to solve problems.
- **Empathy** – You take your partners’ perspective and understand their feelings, even if you do not always agree.
- **Independence** – You have your own interests and goals separate from those of your partner.
- **Safety** – You respect your partner’s boundaries. You feel safe, physically, intellectually (expressing thoughts), and emotionally (expressing feelings).
- **Balance** – You find happiness in time spent together and apart. Some needs are met outside the relationship (through friendships hobbies, etc.)
- **Commonality** – You share important goals, beliefs, and values with our partner.
- **Effective Communication** – You communicate your own needs and wishes, while respecting those of your partner.
- **Honesty** – Your actions align with your words. The thoughts and feelings you express are genuine.
- **Intimacy** – You feel close and connected with your partner physically and emotionally.
- **Self-Confidence** – You feel comfortable being yourself in the relationship.



Fair Fighting Rules

- Before you begin, ask yourself why you feel upset.
- Are you angry because your partner left the mustard on the counter? Or are you angry because you feel like you’re doing an uneven share of the housework, and this is just one more piece of evidence?
- Take time to think about your own feelings before starting an argument.
- Discuss one topic at a time. Don’t let “You left dishes in the sink” turn into “You watch too much TV.” Discussions that get off-topic are more likely to get heated, and less likely to solve the original problem.
- Choose one topic and stick to it.
- No degrading language. Discuss the issue, not the person. No put-downs, swearing, or

- name- calling.
- Express your feelings with words. “I feel hurt when you ignore my phone calls.” “I feel scared when you yell.” Structure your sentences as “I” statements (“I feel emotion when event”) to express how you feel while taking responsibility for your emotions.
 - Take turns speaking. Give your full attention while your partner speaks. Avoid making corrections or thinking about what you want to say. **Your only job is to understand their point of view, even if you disagree.**
 - No stonewalling. Sometimes, the easiest way to respond to an argument is to retreat into your shell and refuse to speak. This is called stonewalling. You might feel better temporarily, but the original issue will remain unresolved and your partner will feel more upset.
 - No yelling. Yelling does not help anyone see your point of view. Instead, it sends the message that only your words matter.
 - If an argument starts to become personal or heated, **take a time-out**. Agree on a time to come back and discuss the problem after everyone has cooled down.

If you are having problems in your relationships, conflict happens in many of them, take the time to call Vancouver Island Counselling so we can assist in discovering what is in the way of healthy relationships.



305 - 394 Duncan St
Duncan, BC V9L 3W4

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



1. November always ends on the same day of the week as what other month of the year?
2. In the Northern Hemisphere, November is a month in what season?
3. In the Southern Hemisphere, what season is November in?
4. What day does Daylight savings time end in November?
5. Why do they say that you “fall back” when Daylight Savings ends in November?
6. What day in November do we remember those who have served in the armed forces?
7. On November 28th, we celebrate what popular and sweet breakfast food?
8. Who was elected president of the United States on November 6, 1860?
9. On November 2nd, 1963, this beloved president was assassinated.
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?

Get your thinking caps on and try not to use GOOGLE!! – partial answers will be accepted!! – email answers to dwhyte@sd79.bc.ca

WINNER will be drawn and announced November 22nd, 2023

NOVEMBER – OR IS IT MOVEMBER? – SOME GOOD INFORMATION FROM LIFESPEAK



MOVEMBER is a worldwide initiative held every November, inspiring men to grow mustaches as a symbol to spotlight critical men's health concerns, notably prostate cancer, testicular cancer, and mental health. This engaging movement, embraced by "Mo Bros," harnesses the power of facial hair to spark conversations and drive fundraising efforts for research and support programs in these vital areas.

LifeSpeak's leading experts keep you up to date on the topics that matter to you.

- [Men, Here Are 4 Ways Exercise Boosts Your Health](#)
- [Strategies for Finding Focus at Work](#)
- [How to Run Your Life on Rest, Instead of on Fumes](#)
- [When Alcohol Use Becomes the Elephant in Your Relationship](#)
- [Identifying and Changing Our Emotional Defense Mechanisms](#)
- [Why Friendships Are Good for our Mental Health](#)

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.

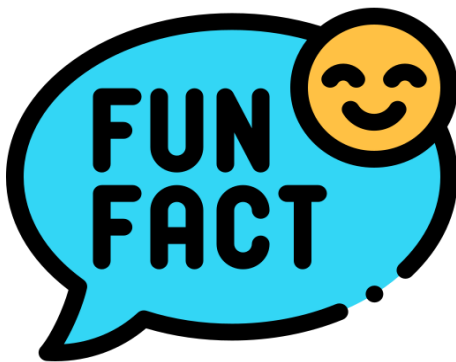
Some of the benefits of participating in No Stress November are:

- 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 yourself! 😊

Wellness Wednesday FUN BODY FACT



Here is a fun body fact and a healthy tip for your skin:

- Did you know that your skin is the largest organ on your body, made up of several different components, including water, protein, lipids, and different minerals and chemicals? If you're of average height, your skin weighs about six pounds and covers an area of 2 square meters. Your skin performs many vital functions, such as protecting you from infections and germs, regulating your body temperature, preventing water loss, producing vitamin D and detecting sensations.

Health tips

- A healthy tip for keeping your skin healthy and glowing is to use skin care products that match your skin's needs. Different skin types, such as dry, oily, sensitive, or combination, may require different products and ingredients. Moisturize your skin daily, especially after washing. Use a petroleum or cream-based moisturizer that is suitable for your skin type. Avoid moisturizers that have strong perfumes, abrasives or glitter.
- Protect your skin from the cold and the sun. Wear hats, mittens and scarves when you go outside, and change your clothing if it gets wet. Apply sunscreen with at least SPF 15 whenever you're exposed to the sun, even on cloudy days.
- Use a humidifier or a vaporizer to add moisture to the air in your home or office. This can help prevent your skin from drying out and cracking. You can also place bowls of water near your heating sources to increase the humidity.
- Drink plenty of water and eat water-rich foods, such as fruits, vegetables, soups and yogurt. This can help hydrate your skin from the inside and prevent dehydration.

GET THOSE IDEAS READY FOR.....

Gingerbread Creation Contest!!!

DETAILS Coming soon to a Newsletter near you!!

PRIZES will be given FOR:

- MOST CREATIVE
- MOST BEAUTIFUL
- MOST TRADITIONAL

HAVE FUN!



Hul'q'umi'num Greetings - November

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



'Uy' 'o' lumnamu tsu tse' 'u tun'a hwune'unt

Good, I will see you this evening



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

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