



Winter 2024 Newsletter

Embracing Winter

This winter, gift yourself the permission to rest.

Some may think of resting as being unproductive, but it is truly a practice that is vital to health and well-being.

Some of the many benefits include:

- Reduced stress and anxiety
- Improved mood
- Decreased blood pressure
- Improved immune health (protect yourself from those winter germs)
- Stronger cardiovascular system
- Heightened productivity
- Boosted creativity

"Winter forms our character and can bring out our best. It's a time for recovery and preparation, for comfort, for good food and warmth, for the touch of a friendly hand, and for a talk beside the fire. Winter is not a season, it's a celebration."



EAP's Winter Wellness Picks:

Podcast:



IDO PODCAST

Inspiration on happy and fulfilling relationships . Hosted by Chase and Sarah Kosterlitz

Inspiring Read:



Wintering:
The Power of Rest and Retreat in Difficult Times by Katherine May

Positive Account Follows:



If you are scrolling on Instagram, consider following:
Mel Robbins
Gretchin Ruben
Jay Shetty



Winter Activity Ideas:

- Reading/Book Club
- Baking (consider bread and a soup)
- Boardgames
- Knit or crochet something cozy
- Skating
- Snow shoeing
- Break a mental sweat with a tricky puzzle
- Sledding or tubing
- Build some fun snow creations in your yard
- Take a sleigh ride
- Channel your crafty side (candle making/painting)
- Try curling
- Go stargazing
- Check out your local community school offerings - pickleball is becoming a fast favorite among Islanders

Do as the Norwegians do!



Researcher Kari Leibowitz was intrigued by how Norwegians, living so far north, had found a way to stay positive. She thought how interesting it was that they have relatively low rates of seasonal depression, even though they have such a long, dark, extreme winter. On Svalbard, a cluster of islands between Norway and the North Pole, people wear headlamps day and night for two-and-a-half months of the year. That's because it's Polar Night - the period where the sun doesn't rise above the horizon in the Arctic. They are well-adapted to this season preparing themselves with sunlamps and engaging in activities such as: snowmobile trips, northern lights hunting, dog sledding, polar bear viewing, and hiking. Many residents express that the darkness makes them feel more in tune with the nature around them.



[Click here for a delicious homemade hot chocolate recipe](#)

Could your path to winter happiness be found within your library card?



PEI's Provincial Library has beautiful books to offer. Many people don't realize that they have expanded their offerings and now loan:

Light therapy lamps, skates, snowshoes and walking poles, cake pans, puzzles, fitness and yoga kits, and telescopes!



Employee Assistance Program
Tel: 902.369.5738 Toll-free: 1.800.239.3826
Website: gov.pe.ca/psc/eap
Email: eap@gov.pe.ca