



Holiday 2024 Newsletter



Start an important tradition of incorporating self-care into your holiday planning routine this year

When we think of the holidays, thoughts of traditional menu planning come to mind. This year, think outside of the box and feed your soul!



Your Holiday Wellness Menu:

Appetizers: Activities that only take a few minutes, such as dancing around your room, eating ripe fruit, or hugging your pet.

Entrees: More time consuming activities, like going for a walk, working on a tricky holiday puzzle, crafting, or baking something that you have never made before.

Sides: Complementary activities alongside other tasks, such as listening to a podcast or lighting candles.

Desserts: Activities that you indulge in occasionally, like watching TV or eating cookie dough.

Specials: Bigger, more infrequent activities, like going to a concert, getting a massage, or booking a vacation.



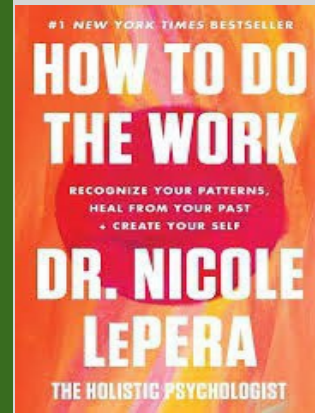
EAP's Holiday Wellness Picks:

Podcast:



The Matt Walker Podcast is on a mission to explain the science of sleep in a way that everyone can understand. From host Dr. Matthew Walker comes a podcast that explores a scientific discussion on sleep. Walker is passionate about sleep. He's a professor of neuroscience at the University of California, Berkeley and the director of its sleep research center.

Great Read:



In "How to Do the Work," Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

"It's so much darker when a light goes out than it would have been if it had never shone."

- John Steinbeck, The Winter of Our Discontent



****Click here for a message on navigating grief this holiday season****



10 Key Benefits of Crocheting For Long-Term Health:

Knitting and crocheting can help people handle and heal various conditions. Here are some of the benefits and healing powers they have:

1. Reduced Depression & Dopamine Effect
2. Alleviated Anxiety and Stress
3. Mindfulness And Mental Relaxation
4. Increased Productivity
5. Combating Insomnia
6. Boosting Self-Esteem
7. Lowered Risk of Alzheimer's Disease
8. Promising Group Therapy
9. Reduced Cortisol Levels
10. Increased Serotonin Levels



Winter Cultural Spotlight: China

In Chinese medicine, winter is associated with the Water element and is a season when your energy naturally turns inward and moves downward.

This is like trees moving their sap closer to the core and down to the roots, in winter. Consider your energy, like that of a tree, is now hibernating and protecting itself through winter. How are you going to rest and reconnect to your true self?

The Water element is considered the foundation in Chinese medicine. Your true self is the foundation of who you are. Are you acting from your foundation of your true self or have you moved away from your foundation? This is an opportunity to choose to be aligned with your values and your true self.

Water is said to bring strength, skill and willpower, along with wisdom, stamina and endurance. Consider water dripping on a stone. Eventually, that stone will give way to the water. Water is persistent, strong, and adapts to change.

Zhi is often translated as wisdom or willpower in Chinese medicine. It's also linked to drive, determination, and persistence. These qualities are how we make our dreams and goals a reality. With wisdom comes the knowledge of when to rest and when to push. The difference between achieving and quitting is often the difference between knowing when to work and when to rest.



Employee Assistance Program

Tel: 902-368-5738

Email: eap@gov.pe.ca

Website: <https://psc.gpei.ca/employee-assistance-program>