

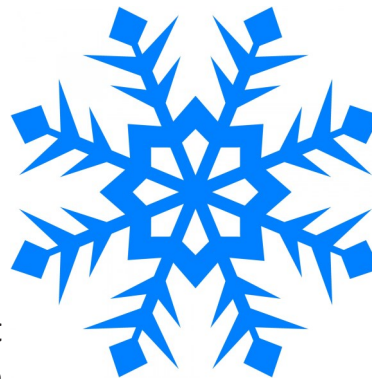
# Partners in Health



## A Season of Hope, Joy, and Gratitude

### A Year in Review :

2020 has been a different kind of year, for some it has been very difficult, for others maybe not so much. It has affected us all in different ways. If you would like to re-view the past year, here are some questions you can ask yourself to help in your reflection:



- What am I most grateful for ?
- What am I least grateful for ?
- What are some of the most important things that have happened to me ?
- What has given me hope over this past year ?

And looking ahead...

- What would I like to accomplish in the coming year?
- Do I know what steps I will take to do what I would like to accomplish ?

(Hint: Keep it simple and doable)

**The purpose of life is to believe, to hope and to strive. (Indira Gandhi)**

Here are some hopeful things to say to yourself:

- It will be alright...
- I can handle this...
- This will be a story-later...
- This might not be as difficult as it seems...

Hopeful things to say to a child:

#### About the child

- My favorite things about you are...
- You can...
- You have taught me...

#### About the future

- I hope you will...
- I hope we will...
- Things will be better when...

Source :

[www.ualberta.ca/HOPE](http://www.ualberta.ca/HOPE)



## Gratitude

Practicing gratitude helps us refocus on what we have instead of what we may lack. Here are some ways to cultivate gratitude on a regular basis:

Write a thank you note to express your appreciation for that person's impact on your life. Once and a while write one to yourself.

Thank someone mentally. It may help just to think about someone who has done something nice for you, and mentally thank the person.

Count your blessings. Pick a time to sit down and write about your blessings, reflecting on what went right or what you are grateful for. Sometimes it helps to pick three or five things that you will identify each week. If you prefer, share your reflections with a loved one.

Pray. Prayer can help foster gratitude.

Source: Harvard Health Publishing

Here are some tips we know can help raise our spirits and help us feel more peaceful and joyful:

Contact family or friends by phone/mail/virtually

Listen to good music

Do something kind

Spend time in nature

Make a new recipe

Read a book

Take a candle-lit bath

Light an aromatic candle

Practice deep breathing

Enjoy a hot chocolate



***Keep looking up...that's the secret of life. Snoopy***

### **Bedtime Soother**

Heat 2 cups of milk or milk alternative on low heat in a saucepan on the stove.

Whisk in:

½ tsp turmeric

½ tsp cinnamon

Pinch of nutmeg or ginger

Simmer gently 5 minutes

Add a sweetener such as honey or maple syrup to taste

Sip hot or over ice

Refrigerate for up to two days

Turmeric has a long history of promoting good health. It is rich in antioxidants and has anti-inflammatory properties. It is also easy to find in the grocery store.

*The MCDC Team  
wishes you and your  
loved ones a Merry  
Christmas and all  
the best for 2021!*

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