



myHealth

**Healthy Heart,
Healthy Mind,
Healthy Living.**

December 2020

Healthy Living

Home for the Holidays

A Different Way to Celebrate

As restrictions are tightened around gatherings of people due to the ongoing COVID pandemic, your holiday party plans may be different from previous years.

Scaling down the size of your gatherings does not mean the spirit of the holidays means less. There are plenty of alternate celebratory ideas to try out, including the following:

- Make a special Zoom call to each friend and family member. Virtual gatherings are fun and you don't need to worry about tidying up your house for guests.



- Put your creativity on paper and whip up some unique holiday cards. While your gatherings are virtual, your holiday card doesn't need to be. There's something special about making and receiving a paper card.
- Have your cake and eat it too. Baking has been a popular pastime for many people during the pandemic. Now, there's an even better reason to bake treats to share with family and friends. Be sure to save some for yourself as a reward for all your hard work!
- If you feel inclined to make a holiday feast, you could package up the food in take-out containers for family and friends to pick up at your doorstep.
- Take a drive or walk around the neighbourhood to check out all the outdoor decorations. You don't need to go to a particular venue to see all the sparkle. You may have some creatively festive neighbours!
- Make it a movie night! There's no better way to capture the feeling of nostalgia than to watch a holiday movie. There are probably many classics streaming on the tube during this time.
- Recreate "A Christmas Carol" play. The fun starts with creating the costumes and then acting out parts of the play with members of the family.

Healthy Heart

A Taste of Merriment

A Recipe for Peppermint-Chocolate Greek Yogurt Bark

Courtesy of Eatingwell.com, this [recipe for peppermint-chocolate Greek yogurt bark](#) will send your taste buds off to Winterland! Serve this treat as a dessert or whenever you just want some merriment in your mouth!



Ingredients

- 12 ounces semisweet chocolate, chopped
- 2 cups whole-milk plain Greek yogurt
- ½ teaspoon vanilla extract
- ¼ cup mini semi-sweet chocolate chips
- 6 eaches candy canes (about 3 ounces), crushed into small pieces
- ½ teaspoon coarse sea salt

Directions

1. Line a rimmed baking sheet with parchment paper.
2. Place chopped chocolate in a double boiler over simmering water; heat, stirring often, until melted. (To improvise a double boiler: Bring 1 inch of water to a simmer in a medium saucepan over medium heat. Place chocolate in a medium heatproof bowl that sits above the simmering water.) Pour the melted chocolate onto the parchment-lined pan, spreading it into an even layer about 1/8 inch thick. Refrigerate until the chocolate just begins to set, about 10 minutes.
3. Meanwhile, combine yogurt and vanilla in a small bowl. Drizzle the yogurt mixture over the chocolate, and then lightly spread it in an even layer over the chocolate. Sprinkle with mini chocolate chips, candy cane pieces and salt. Freeze until the yogurt is completely set, about 2 hours. Break into 20 pieces; serve frozen.

Healthy Mind

Be Kind to Your Mind

How to Find Help for Your Mental Health

For some people, the holidays are a joyous time, filled with celebratory treats and time with family and friends. However, there are also many people who experience less than festive feelings during this time. Given the impact of the COVID pandemic, some people may be more prone to mental health issues. If you or someone you know who is experiencing any hardship, stress, or sadness, the Canadian Mental Health Association recommends taking the following steps:

- Reach out to your supportive family and friends and share your feelings with them. It's good to have a strong support team to help you cope.
- Contact your family doctor or a trusted health professional as they can liaise you to other professionals, if needed.
- Tap into the resources offered through your community mental health clinics.
- Call a help line. Some organizations also offer support online or through text messaging.
- Educate yourself on mental health and what it means to you and others around you. There are plenty of useful books, websites, and other resources through your provincial or territorial government and community agencies.
- Talk to others who have personal experience with a mental illness and learn more about what they have done to recover.
- Participate in webinars and education sessions hosted at community centres, schools or through your employer.



For more information or assistance, please contact your HUB Benefits Advisor.