



# Six tips for self-care this winter

While taking care of ourselves should be a year-round priority, it's often challenging during the winter months, especially with the addition of COVID-19 fatigue. Our motivation can be affected by the changing seasons and reduction in sunlight, and it's normal to feel a lack of energy or lower mood.

## 1. Stay **connected**

Now more than ever, it's important to keep in touch with the people in your life. Reach out to those who may be feeling lonely due to stay-at-home orders and check in with them. Online networking platforms are great for hosting virtual coffee or game nights with friends and family.

## 2. Practice **mindfulness**

Mindfulness, through meditation and relaxation, can calm your body and mind. There is no "one-size-fits-all" approach to mindfulness, so be open to trying a variety of techniques. Find different practices online and see what works for you. It can take time to learn, so be kind to yourself.

## 3. Create a **routine**

It's easy to feel a loss of control due to the pandemic. A daily routine fosters a sense of purpose that will help you keep up with healthy habits. Consistent wake and sleep times are a good idea. Do something each day that brings you joy, like reading a good book or trying out a new recipe.

## 4. Stay **active**

Exercise is important for self-care, especially during these challenging times. It reduces stress hormones and improve mood. Go at your own pace and choose activities you enjoy, whether it's going for a walk, an online yoga video or lifting weights.

## 5. Develop a **skill**

Learning a new skill can improve self-esteem and have a positive impact on mental health. If you've always wanted to play the guitar or speak another language, now is the time to learn.

## 6. Practice **gratitude**

It's easy to get caught up in the stress of our everyday lives. Make an effort to focus on the simple pleasures of daily life to remind yourself what you are grateful for.

# Healthy eating in 2021

Take the guesswork out of healthy eating, and have some fun while you're at it. We have four simple steps to make it easier to nourish your body and mind with food.



## 1. Explore **new** recipes

Our shopping habits have changed this year. The stores could be out of our favourite foods, or you might run out of fresh produce in between grocery deliveries. Consider taking this opportunity to explore new ingredients. Get creative in the kitchen with recipes you wouldn't normally choose!



## 2. Eat **mindfully**

Eating mindfully means paying attention to your body's cues of hunger. Is your body hungry, or is your mind telling you to grab a snack? Keeping a consistent meal schedule will help. Also, instead of eating in front of the TV or as you're running out the door, sit down at the table to eat slowly and thoughtfully.



## 3. Cook from **scratch**

By committing to cooking more meals from scratch you can decrease your sodium intake and boost your overall heart health. If more time spent at home has given you the freedom to cook, take advantage of it!



## 4. Eat veggies **year-round**

It can be tricky (and expensive) to find quality fresh produce in the winter. That's why it's important to know that frozen vegetables are equally nutritious – and delicious. Stock your freezer to ensure you're getting all necessary vitamins and minerals in your diet!



## Broccoli soup

### Ingredients:

- 1 tbsp olive oil
- 1 large onion, chopped
- 3 cloves garlic, peeled and chopped
- 5 cups frozen broccoli, thawed
- 1 potato, peeled and chopped
- 4 cups chicken broth

### Directions:

1. Heat olive oil in a large saucepan, and sauté onion and garlic until tender.
2. Mix in broccoli, potato and chicken broth.
3. Bring to a boil, reduce heat and simmer 15 minutes or until vegetables are tender.
4. With a hand blender, puree the mixture until smooth.
5. Season with nutmeg, salt and pepper

Try a  
**NEW**  
recipe!