

Words of Wellness

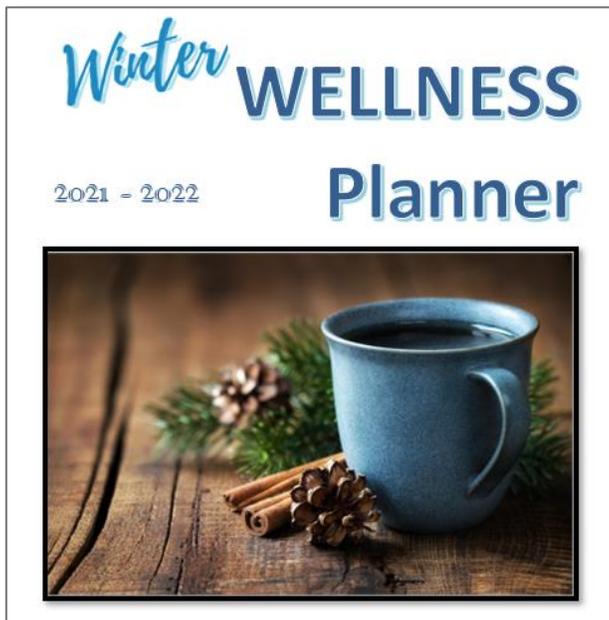


December 2021

Winter Wellness

Our annual *Winter Wellness Planner* is back for the 11th year! The *Winter Wellness Planner* is one of the most popular wellness tools that can be used individually, with a supporter, or in a group.

During the winter months, people may experience extra stress, due to changes in the weather, the light, and personal routines that shift during winter holidays and gatherings.



In this 16-page planner, you will find a series of worksheets that prompt you to think about your wellness habits and routines in the 8 dimensions, and how you can maintain or strengthen your wellness habits and routines throughout the winter months.

We hope the Planner supports your ability to participate in the activities, events, and traditions that you most enjoy!

We have created a *Winter Wellness Planner* and also offered winter wellness workshops since 2010. We are amazed each year how many people report how useful this tool is for their overall wellness and recovery.

Over the years more and more people have reported so many benefits. You can use the planner individually, in a group or conduct a workshop series (even on Zoom). Feel free to reach out to us for ideas about how to share with people serve colleagues and friends.

Download your free [Winter Wellness Planner!](#)

Winter Wellness Tips

Nourishment

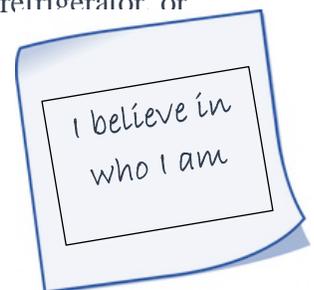
During the darker longer days and often hectic pace during the last month of the year, it is important to remember to nourish yourself. Nourishing your body with good healthy food and nourishing your mind with uplifting thoughts can help alleviate stress, tension, and anxiety.

Affirmations

An affirmation is a positive statement of emotional support or encouragement. Using affirmations can improve mood and boost confidence.

Write one or more [affirmations](#) on a note for your wallet or to post where you can see it—on your mirror or refrigerator or over your kitchen sink.

What will you write?



December: A Month to Celebrate

If you're a regular reader, you know that we're great believers in celebrating every day. Here is a list of fun ways to enjoy every day of this month.

Week 1

- *December 1* Eat a Red Apple Day
- *December 1* Rosa Parks Day
- *December 1* World AIDS Day
- *December 2* is a good day to download this month's [Kindness Calendar](#)
- *December 3* Make a Gift Day
- *December 4* National Sock Day

National Sock Day celebrates matched pairs that have stayed together wash after wash. If you love socks, consider wearing a wild pair or even mis-matched socks on March 21 Odd Sock Day. Others may prefer No Sock Day on May 8.



Whatever your personal preference, remember that the most requested donation for shelters and other services for people without addresses is new white socks. Do share what you can!

Week 2

- *Dec. 5-11* Handwashing Awareness Week

You're already an expert at handwashing, right?



Join [Henry the Hand](#) in spreading the word about how clean hands can reduce the spread of infection!

- *December 6* National Microwave Oven Day: Try making a “cake in a mug” today!

Yes, you can “bake” a single-serving of cake in a coffee mug using your microwave. For recipes, search online for “cake in a mug.”



- *December 7* Letter Writing Day
- *December 8* National Brownie Day
- *December 9* is Weary Willie Day, celebrating the clown made famous by Emmett Kelly.
- *December 10* Human Rights Day
- *December 11* Gingerbread Decorating Day



Try searching online for “gingerbread house masterpiece” to see castles, mansions, ships, and lots of very cute cottages! Check events listings in your area to see if there is a gingerbread house display (or competition) that you can visit.

If you want to try a very simple gingerbread house construction project, try making one out of graham crackers. You can find instructions online, including a DIY video by [Crouton Crackerjacks](#).

Creative activities boost your mood and your intellectual wellness!!

December Celebrations (continued)

Week 3

- December 12 National Candle Lighting Day
- December 13 National Cocoa Day
- December 14 Energy Conservation Day
- December 15 International Tea Day



relax and
enjoy!

- December 16 Take a break from celebrating!
- December 17 National Maple Syrup Day
Pancakes, anyone?
- December 18 is a great day to check out our back issues of the [Words of Wellness!](#)

Week 4

- December 19 National Oatmeal Muffin Day
- December 20 Games Day

What's your favorite game?

Play solitaire by yourself, if that's your pleasure, or start a week-long group game of Monopoly. Cards, board games, video games—whatever!

- December 21 Crossword Puzzle Day
- December 21 First Day of Winter
- December 22 National Cookie Exchange Day
- December 23 Festivus (for Seinfeld Fans)
- December 24 National Eggnog Day
- December 25 National Pumpkin Pie Day

Remember, pumpkin is a vegetable, so you can have veggies and dessert at the same time!

In addition to being *National Pumpkin Pie Day, December 25* is No "L" Day.



What is No "L" Day?

Celebrating A'phabet Day or No "L" Day will be a challenge. But don't worry. We have you covered! Here are some easy ways to celebrate this very quirky holiday.

- Avoid the use of 'L' in everything you write and say today.
- Ban the use of any object that begin with the letter 'L' in your house and in your workplace.
- This holiday is also a great excuse to learn more about orthography. Orthography is the study of the rules of writing a language.

Week 5

- December 26 National Thank You Note Day
- December 27 National Fruitcake Day
- December 28 Call a Friend Day
- December 28 National Card Playing Day
- December 29 Still Need to Do Day for wrapping up your 2021 "must do" list
- December 30 Resolutions Planning Day for thinking of what you want to do in 2022
- December 31 No Interruptions Day



Turn off your computer, hide your phone, enjoy some peace and quiet!

For more special "holidays" see these resources, which provided our selection:

- ☺ <https://www.angiegensler.com/december-holidays/>
- ☺ <http://www.holidays-and-observances.com/food-holidays.html>
- ☺ <https://www.listofnationaldays.com/december-national-days/>
- ☺ <https://www.timeanddate.com/holidays/fun/aphabet-or-no-l-day>
- ☺ <https://nationaltoday.com/december-holidays/>

Wellness Resources

We are happy to share the wellness resources we have developed at the Wellness Institute and with our other partners in wellness. These are all free for your personal use or to use to support others.

Wellness Institute at www.cspnj.org

- *Five Steps for Mental Health and Physical Health*: A two-page flyer with simple easy-to-use tips.
- *Wellness Inventory*: A workbook for reflecting on your own wellness strengths and habits.
- *Physical Wellness Booklet*: A workbook with activities and ideas to support your health.
- *Wellness in 8 Dimensions*: A workbook to help you assess your strengths in each of the eight dimensions and to set goals that you want to achieve. Also available from the Solutions Suite, below.

Solutions Suite for Health and Recovery at <https://www.center4healthandsdc.org/solutions-suite.html>

This site has two sections. One is focused on Integrated Health and Mental Health Care. The other is focused on Self-Directed Recovery. The site is worth exploring since there's so much there, we can't list everything. Some resources that we recommend include:

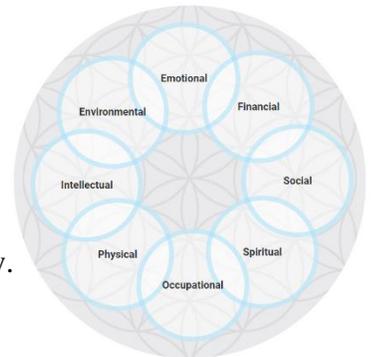
- *Building Financial Wellness*: A curriculum and participant guide to help better manage finances.
- *Wellness Activities Manual*: A set of 11 group activity sessions focused on wellness.
- *Journaling: A wellness tool*: A guide to ways of using a journal to support your wellness.
- *Physical Wellness for Work*: Activities to boost your health and be more productive at work.

Wellness in Recovery (WinR) at <https://alcoholstudies.rutgers.edu/wellness-in-recovery/>

- *Wellness Quiz*: An online adaptation of the Wellness Inventory (above).
- *Wellness Tip of the Month*: Information, tools, and resources you can use.

While you're on the WinR site, check out the pages that are designed for:

- people in recovery.
- families and other supporters
- peer support and other professionals helping others achieve long-term recovery.



Stay tuned during 2022, as we continue to add new resources.

References and Resources

- ☺ To download the new *Winter Wellness Planner*: <https://alcoholstudies.rutgers.edu/wp-content/uploads/Winter-wellness-planner-2021-22-final.pdf>
- ☺ *For more on affirmations*: <https://positivepsychology.com/daily-affirmations/>
- ☺ The Henry the Hand Foundation (<https://henrythehand.com/>) is dedicated to spreading the word about the importance of simple effective hand hygiene behaviors to prevent infectious disease and illnesses. The image of Henry the Hand was taken from their website, where you can find free downloadable resources.
- ☺ The “cake in the mug” photo is used under a Creative Commons license. You can find it on the flickr site for Synne Rustad at <https://www.flickr.com/photos/107354572@N04/34403546841>
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