

SELF-CARE NEWSLETTER

Self care is giving the same compassion to yourself that you so freely give to others.



SELF-CARE RESOURCES

This month's resources tackle saying "no" to New Year's resolutions by focusing on goal setting, intention, and growth instead.

HEALTHY RECIPES

Just in time for the holidays, we have a vegan sugar cookie recipe the Cyr family loves! Also a paleo snickerdoodle latte you have to try!

TIME MANAGEMENT & MINDFULNESS

This month, we included tips to help you start your day off right with a time management strategy and an exercise to help you destress during this holiday season!

SPREAD THE LOVE

Here are some ways to give back to your local community this holiday season!

Stratford

The **Sterling House Community Center** has a toy drive and food pantry to benefit local families. [Find out more](#)

Toy Drive: Donate a new, unwrapped toy to the Holiday Toy Drive, or sign up to Adopt-A-Family! If you are interested in adopting a family, please call (203) 378-2606 or email toydrive@sterlinghousecc.org for more information!

Food Pantry Donations: The Sterling House food pantry has a current [needs list](#) and food donations can be dropped off at 2283 Main Street, Stratford.

Naugatuck

Prospect Holiday Toy Drive: Toys can be dropped off at the Prospect Community Center from 9a-4p.

Stamford

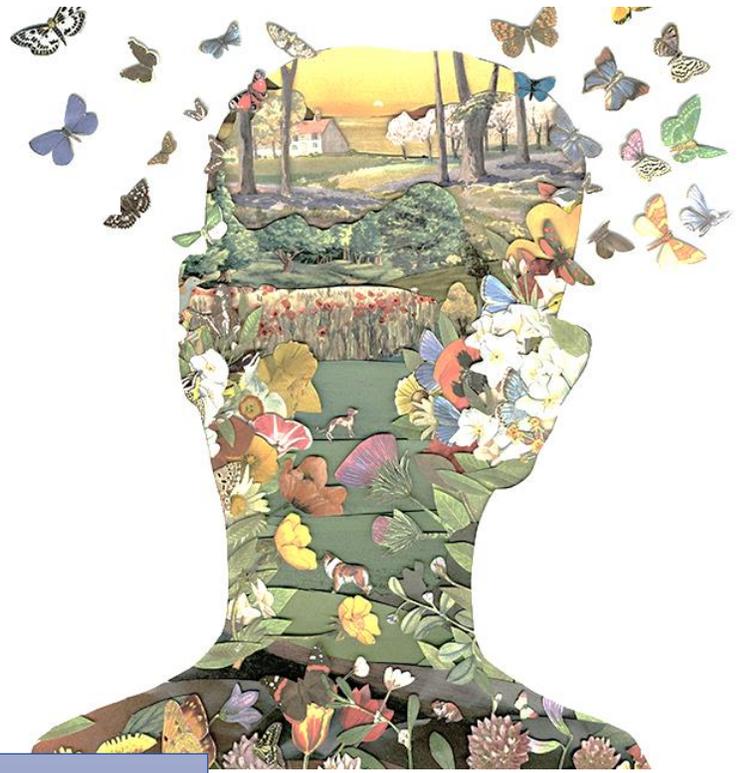
DOMUS Toy and Food Drive: More info here: [DOMUS Holiday Drive](#)

Time Management

Mark Twain once said, "If it's your job to eat a frog, it's best to do it first thing in the morning." Gross? Sure. But the point that Twain was making is that you should take care of your biggest and most-challenging tasks in the morning. Why is this such an effective time management trick? For starters, it's better to tackle tough tasks when you're not already drained. Also, you can use that feeling of accomplishment to get through the rest of the day! Read more here: [Starting Your Day](#)

Relax Mindfully

Mindful walking is an easy way to get your body moving and destress. Mindful walking simply means walking while being aware of each step and of our breath. Mindful walking can release our sorrows and our worries and help bring peace into our body and mind. Breathe in and out, in time with your steps. See if you can keep your attention focused on walking slowly, step by step, as you relax and breathe. Read more here: [Mindful Walking](#)



Let's talk about wellness!

Thank you all for filling out the staff survey! **We hear you.** To help with these stressful times, many of you requested more tips on physical wellness, eating healthy, relaxation, and time management, so we'll make sure to include that in each newsletter.

12 Days of Christmas Workout Challenge!

This bodyweight-only workout is both festive and powerful. Just like the song, with each new round you'll add one exercise and then work your way back down to the first. Link: [Christmas Workout](#)

Self-Care Resources

Kicking off the New Year

Start your New Year with goals and intentions! Here's a blog about starting off the New Year the right way by saying "no" to resolutions and "yes" to goal setting! Link: [Starting the New Year off right](#). Also, remember to act on your goals with *intention*, and allow yourself to experience the present moment. Tips on living with intention here: [Living with Intention](#).

Healthy Sugar Cookies? Yes!

Get into the holiday spirit with this healthy sugar cookie recipe brought to us by the Cyr family! Link: [Healthy sugar cookies](#). If you prefer your sweets in coffee form, check out this paleo snickerdoodle latte: [Paleo Latte](#).



PS - Don't forget to join our Yammer groups to share your fun holiday festivities!