

Cleveland's Own Community Health Workers

# Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?



~ The holiday season is a perfect time to reflect on your blessings and seek out ways to make life better for those around us.~


## PSYCHOLOGICAL SELF-CARE

~Original article from [Harvard Medical School Health Blog](#)

The holiday season is full of excitement but can also be a time of stress. The stress of travel, the stress of long lines in stores and new for 2020, an ongoing health pandemic.

For many, the holiday season also means taking care of others. However, this leaves little time for taking care of oneself. Remember, as the flight attendants say, you need to put on your own oxygen mask *first* before helping others. Below is a calendar full of ideas on how to practice self-care during this holiday season.

So, enjoy the holidays and remember to take time to care for your own needs and keep the **ME** in **MERRY!**



# DECEMBER

## Self-Care Calendar

"Inner peace begins the moment you choose not to allow another person or event to control your emotions." - Pema Chodron

<i>Journal Prompt</i>	<i>Selfless Acts</i>	<i>Acceptance (Repeat to yourself)</i>	<i>Relax &amp; Chill</i>	<i>Self-Lovin'</i>	<i>Move Mindfully</i>	<i>Connect</i>
<b>1</b> I'm proud that I...	<b>2</b> Donate some clothes, food, pet items, etc... this week	<b>3</b> I choose to live in the moment and take things one day at a time.	<b>4</b> Enjoy a warm drink and read a book	<b>5</b> Create something festive to hang	<b>6</b> Take time to stretch	<b>7</b> Spruce up some baking, sharing with others
<b>8</b> What are 5 life lessons you've learned so far?	<b>9</b> Write a note for 12 days of Love Letters (Sharing one on blog Dec. 10)	<b>10</b> I am grateful for who I am.	<b>11</b> Make time for an extra slow morning	<b>12</b> Try out a 5 minute meditation	<b>13</b> Try out a yoga class or some poses you enjoy	<b>14</b> Enjoy holiday w/ friends/family
<b>15</b> How do you maintain balance in your life?	<b>16</b> Volunteer your time somewhere this week/month	<b>17</b> I am gentle with myself and treat myself with kindness.	<b>18</b> Light a candle and listen to some holiday music	<b>19</b> Find a quote to display for the new year	<b>20</b> Run/exercise watch free	<b>21</b> Listen deeply, convey your feelings
<b>22</b> What is a quote that inspires you? Why?	<b>23</b> Leave a positive note in a random place	<b>24</b> I am enough just as I am, right now and always.	<b>25</b> Take a nice walk & admire all the holiday lights	<b>26</b> What's an intention you want to set for next year?	<b>27</b> Do a simple body scan before you go to bed	<b>28</b> Enjoy quality time w/ the love ones
<b>29</b> Try writing a poem about anything that comes to mind	<b>30</b> Pick up trash in an area you go	<b>31</b> I am strong, empowered and capable of anything.				

## EMOTIONAL SELF-CARE

~ submitted by P5 Ventures Team Members

One way to lift your spirits during the holiday season is through song. Here's a list of some of our favorite holiday season songs. Make a cup of hot cocoa (perfect with this month's recipe) and let the music melt the stress away!

Walking in A Winter Wonderland - Dean Martin

It's the Most Wonderful Time - Andy Williams

Santa Baby - Ertha Kitt

The Little Drummer Boy - Bing Crosby

Rocking Around the Christmas Tree - Brenda Lee

It's Beginning to Look A Lot Like Christmas - Johnny Mathis

White Christmas - Bing Crosby

Sleigh Ride - The Ronettes

The Christmas Song - Nat King Cole

All I Want for Christmas is You - Mariah Carey

Santa Claus is Coming to Town - The Jackson Five

Someday at Christmas - Stevie Wonder

Do They Know It's Christmas - Band Aid

My Favorite Things - Julie Andrews



December is:

AIDS Awareness Month



World AIDS Day is Dec. 1, 2020  
Click the ribbon to learn more!

**Holiday Sugar Cookie Blossoms**



Submitted by Chevon Matthews  
CSU Community Health Worker Program Instructor

#### **Ingredients:**

36 Hershey Kisses chocolates, milk or white (or both, because why not?)  
colored sugar or sprinkles, use red & green for a traditional holiday look  
sugar cookie dough (see directions step 2)

#### **Directions:**

1. Preheat oven to 375 degrees F.
2. Prepare sugar cookie dough. Use an instant mix or prepare your own dough:

In a medium bowl, sift together **3 cups of all purpose flour**, **3/4 teaspoon baking powder** and **1/4 teaspoon salt**. Place **1 cup softened, unsalted butter** and **1 cup sugar** in large mixer bowl and beat to combine. Put mixer on low speed, gradually add flour and beat until mixture pulls away from the side of the bowl. Divide the dough in half and wrap in waxed paper, and refrigerate 2 hours.

3. Remove dough from fridge. Place dough on a surface sprinkled with powdered sugar to prevent sticking. Roll & shape dough into 36 balls, 1 inch around. Roll each ball in desired colored sugar. Place 2 inches apart on ungreased cookie sheet.

4. Bake 8 - 10 minutes or until light golden brown.

5. Remove cookies from the oven and **immediately** press 1 chocolate candy in the

center of each cookie. Remove from cookie sheet to cooling rack. Allow to cool completely, about 20 minutes.

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