

# Innovative WellNews



## December 2022

## Winter Wrap Up



Did you know that planning ahead can drastically improve your chances of staying healthy and safe in the case of an unexpected event? Winter comes every year, but do you ever change how you prepare for the winter months? As we approach winter, run through the checklist below to make sure you are as prepared as possible.



### Prepare Your Home

- Winterize your home
- Check your heating systems
- Install or test your smoke detector
- Protect yourself against carbon monoxide poisoning



### Prepare Your Vehicle

- Check the radiator and antifreeze levels
- Check your tires and replace with all-weather tires if necessary
- Keep gas tank full
- Prepare a winter emergency kit to keep in your car



### Prepare for Emergencies

- Stock food that requires no cooking or refrigeration
- Ensure your cell phone is fully charged
- Be aware of current and forecast weather conditions
- Wear appropriate outdoor clothing and have extra on hand
- Have cat litter or sand on hand to sprinkle on ice

## Mental Health Resources

It is said that up to 80% of people will experience a diagnosable mental health condition over the course of their lifetime. Mental health includes emotional, psychological, and social well-being. It impacts how you think, act, and feel. Mental health is so important and an area where we really want to encourage you to seek support. By receiving proper mental health care, your productivity increases, stress decreases, and you are able to promote positivity within your life.

[Click here for some free or low-cost resources that can help to support your mental health.](#)

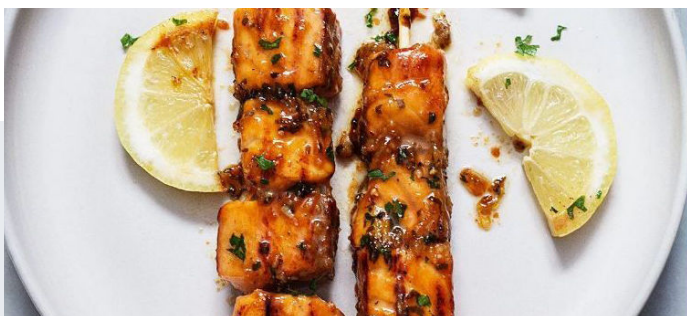


## Goal Setting

The end of the year also brings the start of the new year, a time to set some new goals and focus on you. To prepare for the new year, take some time now to reflect on this past year. Did you have any goals you wanted to accomplish? If so, did you achieve them? If not, what stood in your way? As you think about the things you want to accomplish next year, use these tips to evaluate your goals from this year and start thinking about what you would like your new year to look like.

- Write down your goals
- Celebrate small successes
- Make a plan to check in with yourself regularly
- Find a new hobby
- Remember that it's okay to slip up
- Make smaller resolutions
- Stick with what has worked for you

## Recipes to Try This Holiday Season



### Garlic Butter Salmon Bites

#### Ingredients:

- 2 tbsp unsalted butter, melted
- 1 tbsp lemon juice
- 2 tsp grated garlic
- ¼ tsp salt
- ¼ tsp ground pepper
- 1 lb center-cut salmon filet, skinned and cut into 1 inch pieces

#### Directions:

1. Combine butter, lemon juice, garlic, salt, and pepper in a bowl. Add salmon pieces and toss to coat well. Let marinate at room temperature for 15 minutes.
2. Preheat broiler to high.
3. Place the salmon pieces on a rimmed baking sheet. Drizzle any remaining marinade from the bowl over the salmon. Broil the salmon until just cooked through, about 5 minutes. Sprinkle with fresh herbs if desired.




### Crispy Peanut Butter Balls

#### Ingredients:

- ½ cup natural peanut butter, almond butter, or sunflower seed butter
- ¾ cup crispy rice cereal
- 1 tsp pure maple syrup
- ½ cup dark chocolate chips, melted

#### Directions:

1. Line a baking sheet with parchment paper. Combine peanut butter, cereal and maple syrup in a bowl. Roll the mixture into 12 balls, using about 2 teaspoons for each. Place on the prepared baking sheet. Freeze the balls until firm, about 15 minutes.
2. Roll the balls in melted chocolate. Return to the freezer until the chocolate is set, about 15 minutes.

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#### Resources:

<https://www.cdc.gov/nceh/features/winterweather/index.html>

<https://www.eatingwell.com/recipes/17959/holidays-occasions/>