

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

DECEMBER 2020

HEALTHY HARMONY - The Hearts that We Touch, and the Care that We Show



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I watched a holiday movie with my son recently that involved a duck and his three nephews, and I heard a line in the movie that dinged like a bell as soon as I heard it. The holidays are not “about candy canes, or lights all aglow. It’s the hearts that we touch, and the care that we show.”¹ Over the last nine months, we have had to be more creative with how we engage with the ones we love. Gift giving may be different this year. You may not be rushing out to find that perfect gift in a crowd of other shoppers. Maybe you are ordering more items online this year or making a commitment to buy local or from small business owners as much as possible.

If you are like me, you have started to make a list of all of the gifts you want to purchase for the people in your life. Do you ever check to

see if what you are buying is safe and age-appropriate for the recipient and has no recalls?

December is Safe Toys and Gifts Month and it is important to bring awareness to this during the time of year we give the most gifts. There are safety [guides](#) and educational resources available to help you purchase many consumer products, including toys, crafts, home and outdoor fun.

There is also a cute, informational flyer specifically about [toy safety](#) with tips for what you should keep in mind or look out for when buying toys.

Once you have checked all the names off your list, consider giving the gift of time by [volunteering](#) in your community. Some examples of volunteering opportunities include helping a family, fixing and serving meals, or starting a pen pal program with the local senior community

(following CDC guidelines). The benefits of volunteering help raise our self-esteem and can be a powerful ally in supporting our individual wellness and the wellness of those around us.

¹Walt Disney Educational Media. (1983). *Mickey's Christmas Carol*.

