



DUPUIS LANGEN  
FINANCIAL MANAGEMENT

Winter 2010

# The Wellness Report

A FOCUS ON HEALTH



## Tips For the Holiday Season

While the pages of the calendar fly off the wall and your holiday to-do list only seems to grow longer, the spirit of the season can start to get lost in all the errand-running, crowd-battling and fatigue of the season. Before you find yourself muttering "bah humbug," try rediscovering the joy of the holidays by:

**Getting outside.** Don't let the beauty of this time of year go unnoticed. Snowy days, icicles dangling from the eaves, crisp air, and outdoor activities like tobogganing, skiing or ice skating are all reminders of the enchantment of the season. Take a few moments to get outside and reconnect with your surroundings.

**Taking care of your health.** The holiday season can be a real stress on your mind and body. Ensure you get the sleep and exercise you need to make it to the New Year. Don't skip meals, and try to eat a balanced diet. Remember: it's easier to get into a festive mood when you're well-rested and not under the weather.

**Coming together.** Unless you're absolutely and completely relishing the idea of spending the holidays alone, it's good to get out and socialize at this time of year. The flurry of activity around mixing and mingling can take your mind off the shorter days, colder temperatures and stresses of life. Accept invitations from friends and family members. If none are offered, why not consider extending a few of your own?

**Scaling down.** Sometimes doing less can give you more time to focus on the things that really matter. If it's your seasonal tradition to decorate, for example, consider scaling back this year - a wreath and a few strings of lights can lift your spirits just as much as week-long extravaganza of adornment.

**Control the credit crunch.** Overextending your budget by putting holiday purchases on credit now will make for more stress later. When you pay for items with cash, you'll see how much you're spending, will be less inclined to spend more than you can afford and can avoid a January holiday budget hangover.

**Giving care-fully.** It is the heart of the giver that makes the gift precious. Though you might like to believe you can find the perfect gift at the last minute, great gift ideas come to those who plan. Keep your eyes and ears open to your recipients' hearts desires throughout the year. And don't hesitate to ask the recipient's friends and family members for advice.

**Appreciating the good things in life.** Though during exhaustingly busy times you may wonder what the effort is all for, every now and then it's important to sit down, put aside the difficulties and stresses of life and reflect on the things that you do have. By focusing on the good things, you not only gain an important bit of perspective, but will draw more positive energy towards you.

**Kindling the home fires.** When the days grow short, there are few things more comforting than the warmth and brightness of a fire. The warm, meditative glow of candles or a fireplace burning bright offers instant re-connection with the spirit of the season.

**Giving of yourself.** Though you might feel harried in the lead-up to the holidays, it can be a real revelation to consider the realities of people in your community who could use your help and support. Volunteering to serve meals to the homeless or collecting food and presents for families in need can do wonders to take your mind off your own problems, set a great example for co-workers and relatives and can help you really appreciate your own good fortune.

Dealing with the many stresses of the holiday season can be a real challenge. By taking the time to simplify and enjoy the most meaningful parts of the holidays, relish the company of family and friends, and reflect on all you do have, you're not only more likely to minimize the demands on your pocket and time, but also re-inject your world with the true spirit of the holiday season.

Source Shepell-fgi

## MSP Update

MSP rates are increasing effective January 1, 2011, monthly rates will be \$60.50 for one person, \$109.00 for a family of two and \$121.00 for a family of three or more. Currently monthly rates are \$57.00 for one person, \$102.00 for a family of two and \$114.00 for a family of three or more.

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not."

~ Mark Twain

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## RECIPE CORNER

### ITALIAN HAZELNUT COOKIES

Makes 2 1/2 dozen cookies

#### ACTIVE TIME:

15 minutes

#### TOTAL TIME:

2 hours

#### Ingredients

- 2 cups hazelnuts, toasted and skinned (see Tip)
- 1 1/4 cups sugar
- 4 large egg whites
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract

#### Preparation

1. Position 2 racks as close to the center of the oven as possible; preheat to 325°F. Line 2 baking sheets with parchment paper or nonstick baking mats.
2. Pulse nuts and sugar in a food processor until finely ground. Scrape into a large bowl.
3. Beat egg whites and salt in another large bowl with an electric mixer on high speed until stiff peaks form. Using a rubber spatula, gently fold the egg whites into the nut mixture. Add vanilla and gently but thoroughly mix until combined.
4. Drop the batter by the tablespoonful 2 inches apart on the prepared baking sheets.
5. Bake the cookies until golden brown, switching the pans back to front and top to bottom halfway through, 25 to 30 minutes. Let cool on the baking sheets for 5 minutes. Gently transfer the cookies to a wire rack to cool completely. When the baking sheets are thoroughly cooled, repeat with the remaining batter.

**Make Ahead Tip:** Store in an airtight container for up to 1 week. | Equipment: Parchment paper or nonstick baking mats

**Tip:** Toast whole hazelnuts on a baking sheet in a 350°F oven, stirring occasionally, until fragrant, 7 to 9 minutes. Let the nuts cool for a few minutes, then rub together in a clean kitchen towel to remove most of the papery skins.

**Nutrition Per cookie:** 88 calories; 5 g fat (0 g sat, 4 g mono); 0 mg cholesterol; 10 g carbohydrates; 2 g protein; 1 g fiber; 46 mg sodium; 61 mg potassium.

1/2 Carbohydrate Serving

Source: <http://www.eatingwell.com>



## YOGA

by Jennifer Nim

You have probably heard all the positive benefits of Yoga and its increasing popularity. These days, it is rare not to hear about Yoga whether you're at work, on the bus or through media. You may also have read Yoga can play an important role in reducing stress that results from pain and disability, and increase one's wellbeing.

My story of Yoga takes me back 4 years ago when I tried my first class of Bikram's Yoga. There was a promotion for \$30 to try unlimited classes for two weeks so my friend and I signed up. I was excited about my first class but also a little skeptical that it would provide any benefits whatsoever. They heated the room up to 40 degrees celsius and we started the 26 poses. I was uncomfortable to say the least but went with the crowd following the person beside me. Let me just say I have never sweated so much in my entire life. After my two weeks were up, I did not continue with the Yoga because I couldn't see the immediate benefits.

Flash forward to a month ago when my co-worker mentioned that she does Yoga and how much she loves it. My good friend also told me about a Yoga studio with a promotional offer that teaches different styles of Yoga and said I should sign up. I thought to myself, I guess I could try again but with realistic expectations this time. So I started up with Hot Yoga and Power Yoga and can say I have discovered a new appreciation for my body. I feel energized, less stressed, and rejuvenated after each class. I realized that I am at a time in my life where my health & wellness is priceless, and I was looking for something that I could easily continue and incorporate into my lifestyle. I

hated the hard core workouts such as running on the treadmill at the gym or even the home workout videos that I could never keep up with. Yoga has taught me how to breathe and to gently work my muscles without feeling that I have over exerted myself. To this day I continue to practice Yoga 3-4 times a week.

Whether it's your first time considering Yoga or your 2nd or 3rd time around, it's never too late to learn or try again. Going into Yoga with high expectations of "What can Yoga can do for me?" may leave you unsatisfied and with the disappointment of another failed fitness endeavour but if you begin with the mindset that you want to learn Yoga, the benefits will follow naturally. Eventually you may find your own style and could even become quite passionate about Yoga as I am.

Here is a list of health benefits that Yoga can yield:

- \* Lower blood pressure
- \* Decreased stress
- \* Greater flexibility (not just physically!)
- \* Enhanced brain function
- \* Lower cholesterol
- \* Better skeletal alignment
- \* Strengthened bones/joints
- \* Improved respiration
- \* Weight Management
- \* Enhanced circulation
- \* Easier transition through menopause
- \* Deeper peace of mind

Websites to visit:

[www.yogajournal.com/](http://www.yogajournal.com/) [www.abc-of-yoga.com/](http://www.abc-of-yoga.com/)  
[www.yyoga.ca/](http://www.yyoga.ca/) [www.bikramyogarichmond.ca/](http://www.bikramyogarichmond.ca/)