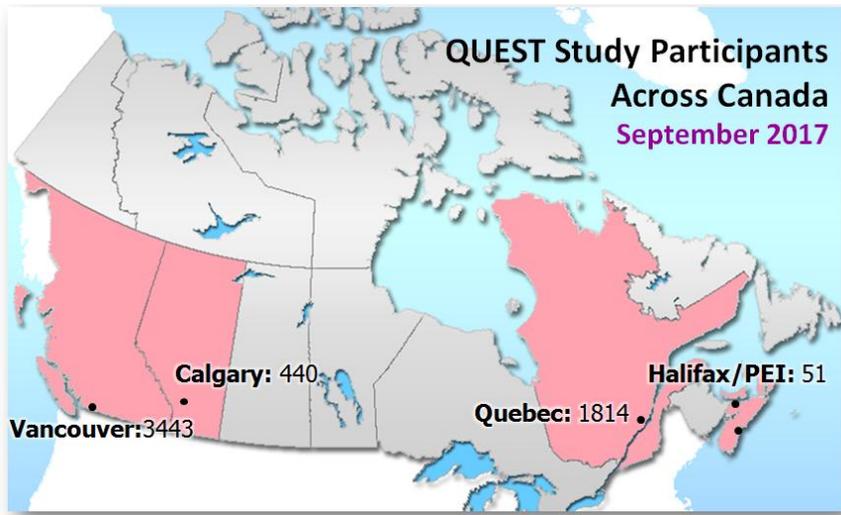




# DECEMBER NEWSLETTER



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## Have a Happy, Healthy Holiday!

By Claire Pitcher, Registered Nurse

December can be a time of year full of celebrating – whether it’s acknowledging the changing seasons, celebrating the end of another year, or recognizing any number of faith based celebrations – December can be a special time for people! For this month’s newsletter, we’re going to share a few ideas for ways to help keep yourselves and others happy and healthy this holiday season!

**Eating Healthy** The holidays can be a busy time filled with celebrating, visiting with friends and family, and indulging in many of our favourite foods and sweets! While these celebrations can be a very important part of spending time with loved ones, December can also present a great opportunity to revisit those core principles we know about eating a healthy diet. Canada’s Foods Guide is a great resource for general tips on eating in a healthy, balanced way! Check out their website here:

<https://www.canada.ca/en/health-canada/services/canada-food-guides.html>

### Contest of the Month

**Email us:** What is your favourite part about December/the Winter Season?

You will be entered to win a \$10 iTunes or Starbucks gift certificate!

Thank you to everyone who submitted health topic suggestions for the last quiz! We will work on addressing your questions in the new year. You can also check out our Facebook page for links to health resources!

**Share Your Traditions and Be Curious About Others'** For many people, whether its related to solstice, the year end, faith-based celebrations or something else entirely, December can be a pretty special month! It can be a great opportunity to return to your own "tried and true" ways of celebrating and sharing with loved ones. It can also be a great opportunity to reach out to friends who may share different traditions or celebrations to learn about other cultures and beliefs. Winter can also offer many great opportunities to bond with family and friends over new activities – whether that's a snowshoe in the woods or baking your favourite treat to enjoy around the fire. This great link from National Geographic Kids talks about many different winter celebrations:

<http://kids.nationalgeographic.com/explore/winter-celebrations/#WH-hanukkah.jpg>

**A Chance to Practice Mindfulness** As the year 2017 comes to a close and we prepare for the incoming New Year, it can be a great opportunity to reflect on how the past year went. Some people will jump to the idea of making "New Years Resolutions" but – some might say even more helpful than that – could be not just thinking about things you "need to change" in 2018 but also taking the time to reflect on and learn from your experiences in 2017. What worked well? What were your highlights? Are there any key lessons or insights that you've gained that you want to take with you into 2018? Are there any habits or thoughts that you would like to work on letting go of in the new year? There's a great website (from the Kelty Mental Health team out of BC Children's Hospital) with information on mindfulness available here: <http://keltymentalhealth.ca/healthy-living/mindfulness>



**Congratulations Ashley!**  
**She was our last**  
**Contest Winner!!**

We sent her a  
Starbucks Gift card!



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