

# Self care is not Selfish

A mindfulness newsletter  
December 2022 | Edition no. 1



## Mindfulness Canada

### HAPPY HOLIDAYS!

Welcome to the first edition of Canada's Mindfulness Newsletter.

This newsletter invites you to **CELEBRATE**, **ENJOY** and **CHERISH** the time you have with your families during this holiday season.

Many of us have had times in our lives, when life has not been fair or easy. How did you cope at that time? What little things did you do to bring you joy and laugh through your tears?

When we first came to Canada we were struggling, but I still wanted to make the holidays special for the kids. Throughout the year, I wrote down and put in a jar, notes when each of the kids made me smile or did something special or achieved a milestone. On Christmas morning, I cooked up a beautiful meal and then invited them, after a delicious dessert, to open that jar and pass it around after reading one of the slips.

Who would have know that this jar, would become a tradition in our home. Today 27 years later in this country, no matter what gifts are around the tree, this tradition still remains. Because it was this little mason jar, that showed my kids how much I loved them and how I had cherished every little thing that they had done. This little jar - helped bring us closer as a family, helped us understand each other and spark meaningful conversations...

In the spirit of promoting mindfulness in my role as Canada Mindfulness Leader, I invite you to pause as you are spending precious time with your family and take a journey inward...do your usual tradition that brings you joy or use mine...

**Happy Holidays from my family to yours.**

**Joan Fernandez**

Canada's Mindfulness Leader

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We have overstretched our personal boundaries and forgotten that true happiness comes from living an authentic life fueled with a sense of purpose and balance.

- Dr. Kathleen Hall, Health Educator & Expert in Stress and Mindful Living

## EY MINDFULNESS RESOURCES

*Keep in mind*, that the holidays may be difficult for some.

Check out these EY resources...during the holidays, reach out, be mindful and be YOU - lets create a better world

### [EY LiveWell](#)

Mindfulness  
[Home \(sharepoint.com\)](#)

Give this gift of self discovery to yourself. Complete the 8 week [Mindfulness Leader](#) training, available in success factors.

For PPMDs we have a 2 week (2 x 90 min session). See [here](#) for details

### Link for daily mindfulness drop in sessions:

For getting a link to the daily mindfulness drop-in sessions send an email to [mindfulness@ca.ey.com](mailto:mindfulness@ca.ey.com)



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