

## Windsor-Essex President's January Message 2022

Happy New Year Dear Ladies,

The Holiday celebrations are behind us and as we turn the calendar we need to pause and consider what's behind us and take forward all that shines brightest. My daughter reminded me on New Year's Eve to "open a window or door and let the old year out and the new year in". We need to recognize time as a gift, we need to commit and move forward in a world ever-changing, we need to delight in our everyday experiences. Take a look at the attachment...

May 2022 be kind to all of us !

In Caring & Sharing

Linda White

President Windsor-Essex

### **BUILDING A WINTER TOOL BOX of DELIGHTS**

**When we get caught up in the speed of life, sometimes we need a reminder to slow down . We need to consider creating a collection of activities that bring delight into our lives. Building a " Tool Box" gives us inspiration – consider the following or build your own!**

- 1 Wonder & Surprise** – schedule a facial,manicure,pedicure,massage,haicut
  - keep a visual reminder of dates to remember
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- 2 Set the Tone** - fill the kitchen with scents of cooking and/ or baking
  - create a playlist / listen to your favourite music that makes you want to dance
  - refresh with a new candle scent
- 3 Treat Yourself** - paint, draw away any worries of the day
  - have a chocolate bar ( your favourite kind)
  - make yourself a special breakfast/ lunch/ dinner/snack
- 4 Take Joy in the Little Things** – spend 3 minutes thinking about what you are grateful for
  - - keep a favourite poem or quote in reach
  - - savour moments of sunshine
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- 4 Connect with Others** – write a letter to someone
  - bundle up for a walk with a friend