



# *take care*

E P I C U R E <sup>™</sup>

Ideas, tips, and recipes for  
*self-care* this winter season!





We get it, it feels challenging to be living in this so called “new norm”. This has been a heavy year for so many of us. We are stronger together.

As the weather gets colder and the days are shorter and darker, be healthy and resilient by taking care of yourself. Always remember—self-care is productive!

We are here to help you feel a little lighter and brighter again with hacks, tips, and recipes focused on self-care so you can take care this season. This guide will cover:

**Self-care rituals from morning to night**—find your flow to get up and go, recharge, and stress less to feel your best.

**Level up your connection**—whether you are living alone, stuck inside, or have busy kids at home, combat Zoom, virtual, and screen fatigue (the thrill is gone)!

**Beat the winter blues** with activities for kids and kids-at-heart ('cause, baby, it's cold outside!).

**Healthy recipes**—nourish so you can flourish!

# Self-Care Rituals

Self-care is all about taking care of the most important thing in your life (YOU!). We can often feel burnt out, overwhelmed, and like we've lost our sparkle when we don't pause and put ourselves first.

Maybe it's time to check in and assess what tweaks you can make to your daily rituals to help leave you feeling powerful and energized instead of tired, overwhelmed, and drained. What we do and think greatly impact how we feel.

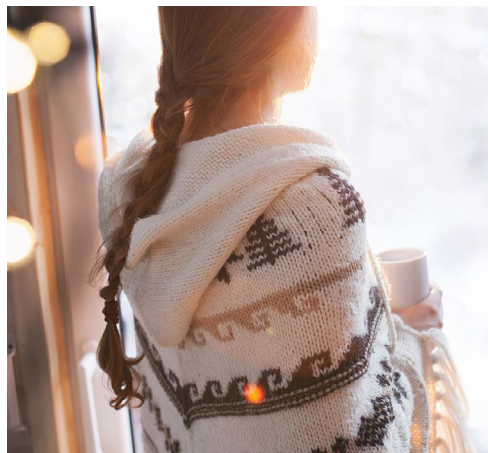
Not sure where to start? Take 15–20 min, think about the last few days, and write down what your typical day looks and feels like. Then check in and see if there are small tweaks you can make to your morning and night rituals to help you feel your best.

## MORNING RITUALS

Do you set aside time in the morning for just “you”? Mornings are busy, but even just 15 minutes to do an activity that brings you joy or calm can have an incredible impact on the day ahead! *Hint!* Do these before checking your phone!

### TRY:

1. Get up 15–20 minutes earlier and find a quiet spot just for you. Use this time for meditation or prayer.
2. Sneak in a quick stretch, workout, or brisk walk in the quiet morning hours.
3. Sip a hot cup of tea or coffee as you review your schedule and plan your day (get organized so you feel on top of your priorities!).
4. Practice gratitude—spend a few minutes each morning reflecting on the 3–5 things you are most grateful for. People who practice gratitude experience more positive emotions sleep better and even have stronger immune systems.

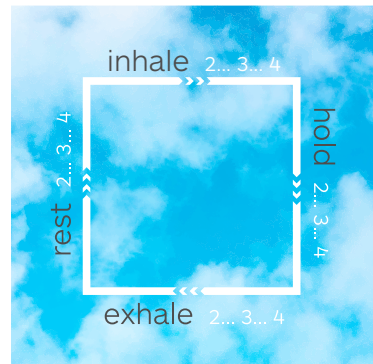


5. Try using affirmations to verbally affirm your dreams and aspirations:
- Today, I am brimming with energy and overflowing with joy.
  - I am a powerhouse; I am indestructible.
  - Though these times are difficult, they are only a short phase of life.
  - I am blessed with an incredible family and wonderful friends.

### NEW TO MEDITATION? TRY THIS

Meditation is ideal for finding your centre and connecting mindfully with yourself.

- Square breathing is a great way to shift your energy and decrease stress.
- New to meditation? There are many great tools that can guide you through the process, some even offer free trials (try Headspace or Calm). Or, join [Jay Shetty](#) on Facebook for a free daily virtual meditation.



### NIGHTTIME RITUALS

Do you take time to wind down, reflect, get organized, and turn off screens at the end of the day? Are you feeling at peace or overwhelmed and exhausted?

TRY:

1. Reflect and unwind—turn off screens one hour prior to bedtime.
2. Prepare your body and mind for resting by creating a daily nighttime ritual. Watch your favorite show, sip tea, take a hot bath or shower, meditate, or journal. Remember how important gratitude is? Practicing gratitude and focusing on being grateful for all that you have **can increase happiness by 25%**. Write down three things you are grateful for before going to bed.
3. Rest and recover. Sleep is important for good health. Keep a journal or a notepad by your bed. Write down any worries or to do's so you can go to sleep and tackle them in the morning.



#### 4. Fall asleep quicker with this sleep hack:

SLEEP HACK: The [4-7-8 Breathing Technique](#) is from Dr. Andrew Weil, who first introduced it to help people alleviate anxiety and fall asleep quicker:

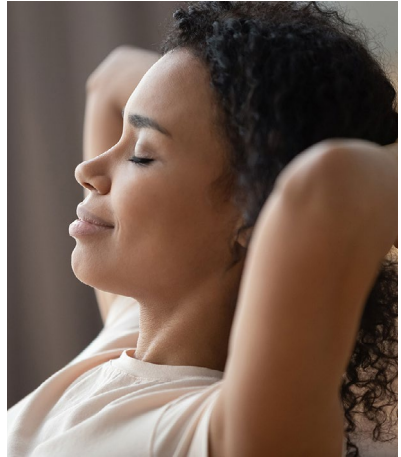
**Step 1:** Get into a comfortable position (sitting or lying in bed).

**Step 2:** Place the tip of your tongue behind your upper front teeth.

**Step 3:** Inhale for 4 seconds.

**Step 4:** Hold your breath for 7 seconds.

**Step 5:** Exhale (through your mouth) for 8 seconds.



## OTHER HEALTHY DAILY RITUALS

1. Drink 8–10 glasses of water a day.
2. Meal prep on weekends so you have more time throughout the week and less stress over what's for dinner.
3. If you have a partner, create rituals of connection. How do you say good morning to each other? Do you make it a priority to hug or kiss each other when you say hello and goodbye? **Research has found that 20-second hugs can help us manage our anxiety and mood**, by releasing dopamine (feel-good hormone) and oxytocin (bonding hormone).
4. Plan some DIY pampering for yourself—take a long bath (complete with candles and calming music), put on a homemade mask, buy yourself a fresh bouquet of flowers.



# Level up your connections & combat screen fatigue

Meetings, social events, school, and health care appointments all going virtual means more screen time, and there's no doubt that it can be exhausting! Screen time is different than connecting in person. Here are a few tips to help you level up your virtual connections and combat screen fatigue:



## LEVEL UP CONNECTIONS

1. Dress up for that meeting. We know #WFH (work from home) outfits like PJs, bathrobes, and no pants seemed fun at first... try putting your best face forward (whatever that means for you!). Spend a few extra moments getting ready for your day and notice how much better you feel.
2. Make it fun. Create themed get-togethers or hangouts online—from ugly Christmas sweaters and New Year's Eve celebrations, to karaoke/games nights, Fancy Friday, or Wacky Hair Day—add excitement, joy, and fun to your next gathering!
3. Live close by to family or friends? Plan a virtual dinner party. Everyone makes a part of the meal then drops it on each other's doorsteps. Connect online and enjoy together.
4. Make a list of people you want to connect with but can never find time. Make it your goal to connect with one person on your list every week—whether that's for a virtual coffee break, quick check-in, or a text to say hello.
5. Send thank-you notes, postcards, and letters to dear ones near and far.

## COMBAT SCREEN FATIGUE

1. Take breaks to drink water, stretch, move, and look away from your screen (use a timer on your phone to remind you to get up and move every hour).
2. Have videos on to connect better—try removing the self-view so that you are more focused on who you're connecting with (it's actually quite tiring to watch yourself all day!).
3. Try a telephone call meeting where you can put in your earphones and walk outside while you meet to boost energy levels.
4. Create a buffer between meetings of 10–30 minutes if you can!
5. Being on screens all day can feel exhausting. Try to get out for a midday walk in nature for a quick pick-me-up. If you can't go outside, try doing work offline (not on a screen) to give yourself a break.
6. Learn to understand how you feel, try saying “no”, and rescheduling meetings at work or with family/friends when you feel you had too much screen time.



# Beat the winter blues & entertain kiddos

We all feel like hibernating in winter at times. Battle the winter blues with good tunes, helping others, and getting outside and/or moving more.

There is no need to be bored in the house! What were your favourite winter activities growing up? Winter is not cancelled. Even if the weather is frightful, get out and move more, you'll feel delightful.

- TRY:**
1. Sledding
  2. Skiing, skating, hiking
  3. Winter snow fort building
  4. Good old-fashioned snowball fight
  5. Scavenger hunt



## BRRR...TOO COLD OUTSIDE? TRY:

1. Cook or bake together. It's a great time to get your kids interested in healthy food.
2. Colouring. Homemade playdough. Reading. Puzzles. Family dance party or board games.
3. Make chores fun—get the kids to pick their fave playlist, crank the tunes, and reward them with a fun family activity decided by whoever finishes their chores first.
4. Make family dinners fun—we won't tell you that you should strive to love every minute of every meal right now. But don't forget to introduce a little fun on the days when you feel up to it. This is a great job to delegate to kids—make them the “fun squad”. Ask them to put together a family fun kit for mealtimes. They can add simple card games, trivia questions, or board games to a basket so you're ready to play while you eat. Plan a themed dinner—choose a theme for dinner and give everyone a way to contribute, from cooking to decorations to picking the playlist.
5. Netflix and learn. There are great family-friendly world discovery shows to learn more about the world around us from the safety of your home.



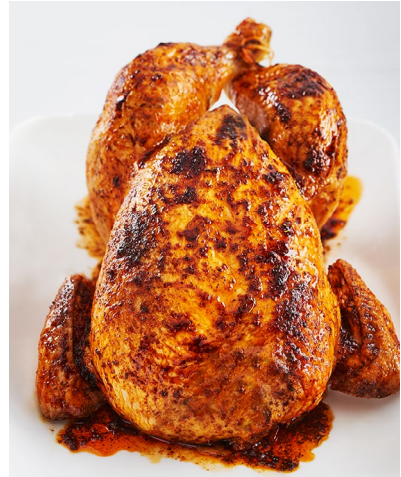
# Healthy recipes—nourish so you can flourish

What we eat matters! Eating well is a form of self-care and these low-maintenance recipes can help soothe your mind, stomach, and soul. Contact your Consultant today to get your [Take Care Collection](#)

## SUNDAY NIGHT DINNER

Nothing says comfort food like roast chicken and potatoes. Roasting a whole bird doesn't have to be daunting with **Rotisserie Chicken Seasoning**. We love how easy it can be to cook a rotisserie chicken in your microwave (healthier, faster, and more affordable than takeout).

**Bonus!** Cook once, eat throughout the week to reduce meal prep stress. Sunday night dinners with the family are good for family bonding, reducing stress, and increasing connection.



### 3 WAYS WITH ROTISSERIE CHICKEN LEFTOVERS:



[TOP NACHOS](#)



[USE IN QUESADILLAS](#)



[TOP AZTECA SOUP](#)

## SOUPS FOR SELF-CARE

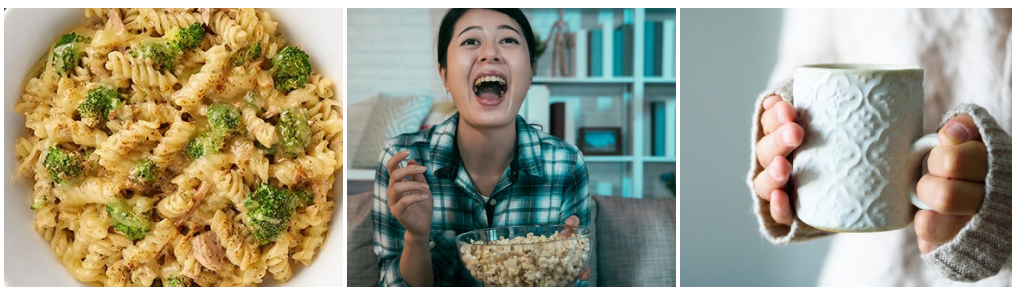
Without a proper lunch it can be hard to get through the day, leaving you tired at dinner (typically the most chaotic time of the day in any household with small children). Carve a bit of time out to make nourishing and soul-soothing soups you can make ahead and freeze or eat right away. Hello, **Hearty Minestrone** and **Azteca Tortilla**! We call these our **Self-Care Soups** with hearty vegetables and flavour combined to nourish your body inside and out.



## MAC & CHEESE—PASTA-PERFECT OR HAVE THE BEST MOVIE NIGHT EVER!

The lifetime achievement award for comfort food goes to an old standby that you've probably been eating since you were a child: Mac and Cheese. It's gooey, cheesy, and as simple or as fancy as you want to make it. Make it healthier with **Epicure Mac & Cheese Seasoning**. While perfect if you follow the recipe on the pack, here are some tips on how to shake it up:

- Add cooked chicken or canned tuna and your fave veggies to make a complete meal.
- Boost the veggie power! Stir in puréed cauliflower, pumpkin, or squash for a nutritional boost.



## PLAN A MOVIE NIGHT

Movie nights are a fun way to spend an evening at home together any time of year. With the right setup, it can also be just as enjoyable as a trip to the theater. If you are considering which streaming services offer the best movies for your family's viewing preferences, you can try out many for free through their trial offers.

Once you've picked your movie, the next most important step is making your popcorn. Use **Mac & Cheese Seasoning** on air-popped and lightly oiled popcorn for the best popcorn ever.

## CHOCOLATE

Nothing says 'cozy' and 'self-care' more than chocolate.

### 3 WAYS WITH CHOCOLATE FUDGE SAUCE MIX:

1. **WARM UP** Stir 1–2 tbsp prepared fudge sauce into one cup of frothed milk for a luxurious, comforting hot chocolate.
2. **COOL DOWN** Combine half bag of sauce mix with a can of coconut milk and freeze into molds for the best-ever fudgsicles!
3. **ZEBRA POPCORN** Drizzle prepared sauce over air popped popcorn for a sweet and savoury treat.



Join CEO Amelia Warren and the Epicure Community for a 30-day self-care challenge and follow along more self-care ideas, tips, and recipes!

View the 30-day challenge [HERE](#).

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