

Self-Care Links

[What Inspired How the Grinch Stole Christmas?](#)

The surprising story behind a family favorite.

[Comfort in Sameness](#)

Embracing routines can have a positive impact on your mental health.

[Comedian Chonda Pierce Part 1](#) [Comedian Chonda Pierce Part 2](#)

Known as the “Queen of Clean” for her Christian humor, she opens up about her recovery and shows us we are all more alike than different.

[Yes, Virginia, there is a Santa Claus](#)

Reprinted from the September 21, 1897 issue of The New York Sun. May you find hope in these words, 123 years later.



A Funny Truth



Hope Springs Eternal

We have a natural desire to take comfort from our routines in life. This Associated Press article reports that experts who study human behaviors find this to be true and that we also desire to attach our failures, hopes, and dreams to a particular period of time. We have an internal dialogue framed around a working calendar. [AP Story](#)

We measure a year by a calendar, a cycle of hope. We have seasons, milestones, rituals, and events built around this hope. January is our big commitment month to lose weight, stop smoking, or simply believing, “This is my year.” Some will admit their self-defeat by January’s end with others defeating the bad habit itself by spring. In April, we begin to focus on summer, planning vacations and fourth of July celebrations. Hope never fully leaves us, it is simply recalibrated, and we focus on a new goal, milestone or event.

The article references a New York psychologist, Deborah Serani, who states hope has disappointed us this year, but hope will help us endure the pandemic and thrive. She says, “Hope, requires us to look at the present situation and regard it for what it is, and plan for its betterment.”

Who knows what the new year will bring? Will we attend concerts, weddings, gather with our friends and family, have a normal dinner in a restaurant, go see a movie? In truth, no one knows. However, we do know that we made it this far during a global pandemic, we continue to endure, and this feeds our hope for what lies ahead and for whatever new or old norms we may find in the new year to come.



Holiday recipes to inspire us.

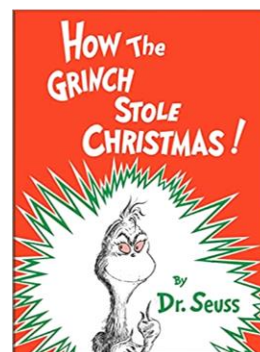
[A Tasteful Holiday](#)

The Winner’s Corner



Amy Galyon wins this month’s self-care gift card!

Book Club



A holiday classic!