FC WELLNESS COUNCIL

NEWSLETTER

WINTER EDITION 2024

Beating the Winter Blues

While the holiday season brings fun & excitement, many may struggle too. It's dark when we go to school & dark by 5PM. Combined with cold temperatures and daily stress, it's not surprising that so many of us struggle this time of year.

Here are some tips to tackle the blues:

*Get more sunlight... check out light therapy lamps if that's tough to do!
*Exercise
*Eat a healthy diet & drink lots of water
*Socialize and take time for fun with friends & family
*Journal, meditate, practice gratitude
*Try a new hobby or join a new club

If you're trying and your mood isn't improving, talk to your parents or another trusted adult. It may be helpful to meet with a health care provider.





Reach Out if you Need Support

***Re:Solve Crisis Network:**
- **Call 1-888-7-YOU CAN (796-8226)**

***988 Suicide & Crisis Lifeline:**
- **Call or text 988**

***UPStreet Pgh: Chat or talk with a therapist free! https://upstreetpgh.org/**
***Call 911 for serious emergencies**

Asking for help is a sign of strength, not weakness.

January 2025 Wellness Days:

The New Year brings finals, Keystones, and a semester change. That can mean stress and anxiety. The Wellness Council hopes you pause for some fun & participate in our events that focus on taking care of yourself!

Super QRT 1/6: Busking Club, PTO donuts, and *Self Care for New Year* in commons

1/10 Willow the *Therapet* during all lunches

1/13 Wellness Day

Super QRT: Pickleball, Skate Club for PE credit

All Lunches: Cocoa & Activities in the Commons

Winter Playlist:



Recipe for Oreo Fudge Balls!



Ingredients:

- One pack of Oreos
- 6 ounces of cream cheese
- 2 cups chocolate chips
- 2 tablespoons vegetable oil
- 2 cups white chocolate chips

Directions:

1. Crush Oreos into crumbs. Remove 2 tablespoons crumbs to a small bowl and reserve. Add the cream cheese and mix. Transfer to a large bowl and knead a few times until combined.
2. Roll into balls, each about 2 tablespoons. Transfer to the baking sheet and refrigerate about 45 minutes.
3. Put the chocolate chips in a bowl with 1 tablespoon oil. Put the white chocolate chips in another medium bowl with the remaining tablespoon oil. Melt the chocolate mixtures one at a time.
4. Drop one truffle at a time into the chocolate chip mixture, using two forks to evenly coat. Tap any excess chocolate off, then return to the baking sheet. Drizzle with the white chocolate mixture, then quickly sprinkle with the reserved cookie crumbs. Continue until all the truffles are coated and decorated. Put in refrigerator Serve chilled.

Winter Activities

Fun with friends or family! Check out all our area has to offer!

- Check out dazzling light shows:
  - Kennywood
  - Phipps Conservatory
  - Drive through display in Clinton, PA
  - Zoo and Aquarium
  - Pittsburgh Botanical Garden
  - Laser Light Show North Park
- Try ice skating:
  - Rink at PPG Place
  - Schenley Park Ice Skating Rink
  - North Park & South Park ice rink
- Shop & walk around People Gas Holiday Market in downtown PGH
- Ski & snowboard
- Trek across downtown by bike to see the frozen rivers

Wellness Tip

Most of us are all too familiar with triggers, but in 2025, we challenge you to look for the GLIMMERS. Glimmers are the people, places, and things that bring you JOY and ELEVATE YOUR MOOD.
Keep it small when you start, and make it a daily goal to find the glimmers. You will find yourself identifying more moments of happiness.

