



# Wellness Bulletin

## Grief & The Holiday Season

A personal experience shared to help others cope with loss.

In July my mom passed away.

In a twist of fate, I had already told the Wellness Committee that I would write about grief and the holidays for the December bulletin. I didn't know that I would be researching and writing a bulletin for myself.

I'm not a therapist; many in this company are and can more eloquently express and explain what I am trying to say. But I have stepped up to the plate and I'm going to try to swing and hit the ball. Because just getting you to read this far means you want to know more.

The holiday season for so many is about family, friends and fellowship. When we have a loss in our lives, be it family, friend, job loss, house or pet (just to name a few) it leaves us feeling incomplete. This part of us that we knew is no longer there. Then the holidays and joyous activities, sounds, smells, feelings happen and that incomplete part feels bigger.

How do we cope? How do we live? How can we go on?

I'm going to share an article with you that I found helpful. Before I do, here's a quick story. A friend and I were talking about losing our respective mothers. She said that she asked her siblings and their children to paint canvases with butterflies on them during the holiday season after their mom passed. It was their way to include her mom in the holidays, she loved butterflies. Now the canvases hang in their cabin and are a good memory of that time. She suggested I find a way to honor my mom this year in a similar way. I still haven't decided what that will look like, but it is such a great idea.

And now an article I read that helped me to start to see what I need to know to find peace and cope with grief, especially with the upcoming holidays.

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201512/how-deal-grief-during-the-holidays>





## HOMEMADE PEPPERMINT PATTIES

Easy Homemade Peppermint Patty recipe with just a handful of ingredients! Copycat York Peppermint Patties but BETTER. Simple soft, sweetened mint candy covered in chocolate for a delicious, easy peppermint patty candy.



4.67 from 6 votes

Prep Time 20 mins	Total Time 20 mins
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Course: Candy Author: Jessica & Nellie

### Ingredients

- 1/4 cup softened butter
- 1/3 cup light corn syrup
- 1-2 tsp peppermint extract\*
- 3 cups powdered sugar
- 2 cups dark dipping chocolate\*\*
- chocolate jimmies if desired



### Instructions

1. Combine butter, corn syrup, extract and powdered sugar in a mixing bowl. Mix with an electric mixer for about 3 minutes, until ingredients are well combined and are holding together.
2. Remove dough from bowl and break off about 2 teaspoon-sized sections. Roll into a ball and gently flatten with your hands. Put patties down on a pan lined with wax or parchment paper. Once all patties are made, place pan in the freezer for 10-15 minutes.
3. Melt chocolate in microwave for 1 minute 20 seconds. Let sit for an additional minute in the microwave. Remove and gently stir. Remove peppermint patties from freezer. Use a fork or a handy Winton Dipping tool like I did to dip each patty in the chocolate, flip to coat the other side, then tap to remove any excess. Transfer chocolate coated patties to wax paper to cool. Top with chocolate jimmies if you'd like.
4. Store in an airtight container, refrigerate if preferred but it's not necessary. Yields 40 mints.

### Notes

\*Add 1 teaspoon peppermint extract, then mix until well combined. Taste dough. If you'd like them to be stronger, add an additional 1/2 to 1 teaspoon extract. You can also use 2 drops of peppermint essential oil instead or even 2 teaspoons mint extract for a more subtle mint flavor. Think Andes Mints as opposed to Starlight mints! Yum.

\*\*When making candy like this I really find that dipping chocolate just works best. You can purchase Ghirardelli Melting Wafers at most grocery stores. I buy my melting chocolate in bulk on Amazon. If you really want to use chocolate chips instead, I suggest melting 1/2 a tablespoon of shortening or 2 tsp coconut oil in with the chocolate chips, to thin it out and make it easier to dip the candy.

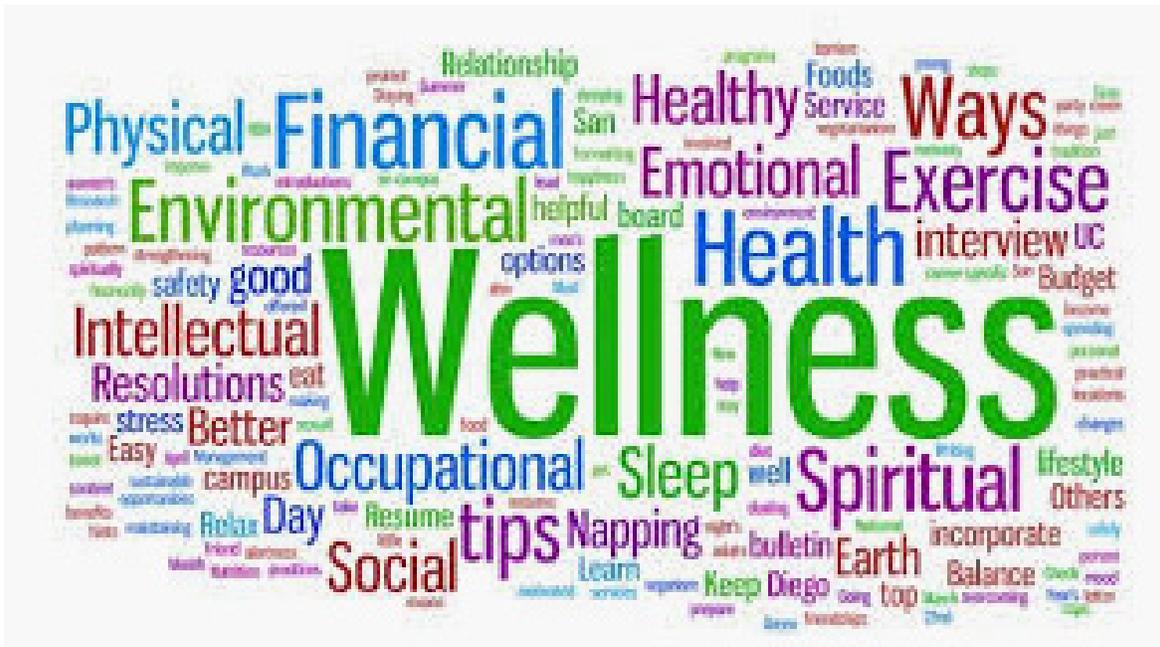




## CMMHC's Wellness Committee Mission Statement

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health
- Support a sense of community



## Central Minnesota Mental Health Center Wellness Committee

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