

# *Corner Brook Status of Women Council*

NEWSLETTER - December 2020

## Christmas, Covid, Contentment.

The holiday season is upon us. In the midst of a pandemic. As if we all weren't stressed and anxiety-ridden enough between government updates, remote learning, and the upheaval to society that we have collectively been dealing with, along comes Christmas. Which in itself brings a large amount of festive season anxiety all rolled up in a lovely ball of tangled Christmas lights and tree fluffing. Every year, there are feelings of stress, disconnection, the need to 'be perfect' and have that 'perfect Christmas'. And this year, those feelings are heightened with Covid hanging out staring at us and throwing snowballs when we least want it to.

Many women end up taking on the many roles of Christmas between cooking large family meals, planning lunch dates, helping Santa with present buying and getting all the food and drink. This year, the loss of the holiday season; of big groups; church; and shenanigans may add more stress and upheaval where many want something that is consistent and normal. But I'm here to tell you, it will be okay. Instead of worrying about the change Covid has made to your traditions and rose-coloured Christmas memories of yore, there are several things you can do instead. Covid has given us the perfect situation to take a time out and minimize our festive season anxiety that hits roughly December 1<sup>st</sup>. Christmas was never perfect, it's full of crazy, stressful, loud, mishaps.

So, the first, and most important, tip, start having Christmas your way. If it's sushi for Christmas lunch, or mimosas at the crack of dawn while kids open presents, do it. Make new traditions that invest in you, and your immediate bubble of loved ones. It's not wrong, and it won't be perfect. But I promise you it will be magical.

Next tip, keep up being you. Remember to be patient with yourself, and others. It's a tricky time. Between Covid and Christmas, remember to eat, maintain routines. Breathe. Allow yourself to have all of your feelings. Make time for self care. And say no to doing all of the things. Christmas was never about perfection, it was about laughter, connection and peace. When those things are achieved, you feel it is perfect.



So final tip, find your pockets of joy. Indulge in evenings lit by Christmas tree lights, or the sounds of crunching snow as you breathe in chilly air. Focus on what you have in these moments, find your stillness, and cultivate your contentment in your Christmas season. For me, it will include laughter every step of the way, cozy evenings in, silly dance parties, food and the contentment that I nurture with my family. So, during this wild and crazy time, start Christmas your own way and enjoy your pockets of Christmas joy however you need and want to. Much Christmas love to you all!

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## Upcoming:

This month we will be continuing our book club. Our next book is *Wild* by Cheryl Strayed. The virtual meeting will be 7pm, Tuesday, December 15th. Call us for more details, there is still time to join.

Our offices will be closed for Christmas holidays starting on Thursday December 24th at noon. We will be returning to the office at 8:30am Monday January 4th.

**Tuesday, December 1st - World Aids Day** - an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease.

**Sunday, December 6th - National Day of Remembrance and Action on Violence Against Women** - informally as White Ribbon Day, is a day commemorated in Canada each year on the anniversary of the 1989 École Polytechnique massacre, in which an armed man murdered fourteen women and injured ten others in the name of "fighting feminism".

**Thursday, December 10th - Human Rights Day** - celebrated globally in honor of the United Nations General Assembly's adoption in 1948, of the Universal Declaration of Human Rights (UDHR), the first global enunciation of human rights and one of the first major achievements of the new United Nations.

**Friday, December 11th - Beginning of Hanukkah** - a Jewish festival, celebrated over eight nights, commemorating the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire.

**Monday, December 21st - Yuletide/Winter Solstice** - A Germanic pagan festival celebrated on the longest night of the year.

**Friday, December 25th - Christmas Day** - commemorating the birth of Jesus Christ, Christmas is a religious and cultural celebration among billions of people around the world.

**Saturday, December 26th - Beginning of Kwanzaa** - an annual celebration of African-American culture, held from December 26 to January 1, culminating in gift-giving and a feast of faith, called Karamu Ya Imani.

**Thursday, December 31st - New Year's Eve** - Certain to be the most celebrated New Year's Eve ever. People around the world will be happy to finally say farewell to 2020.

## The Final Word:

Each year, the 16 Days of Activism on gender based violence runs from Nov 25<sup>th</sup>, the International Day for the Elimination of Violence against women and girls until Dec 10<sup>th</sup>, World Human Rights Day. Gender-based violence (GBV) is violence that is directed at an individual based on their biological sex OR gender identity. It includes physical, sexual, verbal, emotional, and psychological abuse, threats, coercion, and economic or educational deprivation, whether occurring in public or private life. Because of their gender, women and girls are disproportionately harmed by gender-based violence. This international campaign attempts to draw attention to this issue and to encourage people to take action to end and decrease actions that support gender based violence. This can range from increasing education and

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awareness of the issues to intervention programs  
to support services for those impacted.