

Make peace: learning the power of saying no

The holiday season can bring a lot of expectations. Between year-end deadlines, family gatherings, school events, winter travel, shopping, and everyday responsibilities, your calendar can fill up quickly.

If you're already stretched thin, saying yes to everything can leave you feeling drained. One way to protect your time and energy is to get more comfortable saying no.

Make yourself a priority

We all have groups we belong to—friends, family, work colleagues, workout buddies, and so on. These may all be important to you in different ways. You make time for them, you may make sacrifices for them and, you probably have put them first from time to time. But when you regularly put everyone else first, it can become harder to make time for your own needs. Before agreeing to another request or invitation, take a moment to consider your time, energy, and priorities.

Stop the cycle by giving yourself permission to put yourself first.

When someone makes a request of you, ask yourself these questions:

1. Do I have the time to give?
2. Do I have the capacity—mentally, emotionally, financially?
3. Will this add value or meaning and give me joy?

If you answer "No" to any of these questions, it's time to **say "Yes" to you.**

Not sure what to say? Try these.

It sounds simple to say no, but it's not always that easy. Here are a few ways to set a boundary without overexplaining:

1. **I don't have the bandwidth right now.**
   A clear answer is enough.
2. **I won't be able to give it the attention it deserves.**
   This acknowledges the importance of the request while being honest about your availability.
3. **I have too much on my plate right now.**
   Keep your explanation simple.
4. **Let me check my calendar and get back to you.**
   Give yourself time to think it through. You don't have to commit right away.
5. **I appreciate the invite/you thinking of me, but I need to pass.**
   Gratitude and a clear answer can go together.
6. **I can't take on anything new.**
   It's as simple as saying no, but in other words.
7. **I'm feeling maxed out and need downtime.**
   Honesty works. No one can fault how you feel.
8. **I'm prioritizing my health right now.**
   You don't need to share more detail than you're comfortable with. Works best when saying no to dessert, unhealthy foods or alcohol-based drinks you don't want.

Saying no can be an act of self-care. You shouldn't ever feel bad about making yourself a priority.

And remember that **"No"** is a complete sentence. Your capacity matters, too.

Diabetes explained: How type 1, type 2, and prediabetes compare



About 3.9 million people in Canada aged 1 and older are living with diagnosed diabetes.[1] Diabetes isn't always obvious. About 1 in 5 adults who met the criteria for diabetes were unaware they had it.[1]

What is diabetes?[2]

Diabetes is a chronic condition that affects how your body uses glucose, or blood sugar, for energy. Insulin, a hormone made by the pancreas, helps move glucose from your bloodstream into your cells throughout your body, so that the glucose can be used for energy. When you have diabetes, your body either doesn't make enough insulin or can't use insulin properly. This can cause glucose to build up in the blood. Over time, high blood glucose can affect the heart, kidneys, nerves, eyes, blood vessels, and other parts of the body.



Type 1 diabetes is an autoimmune condition that often develops in childhood or early adulthood, but it can occur at any age. The immune system's antibodies attack the cells in the pancreas that produce insulin.

Type 2 diabetes is the most common form of diabetes and develops when the body does not produce enough insulin or cells become resistant to it. Type 2 diabetes can develop at any age. Healthy behaviours may help reduce the risk of developing type 2 diabetes or delay its onset for some people.

Prediabetes means blood glucose levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes. Your glucose levels are higher than normal, but not high enough for an official diagnosis.

What to look out for

Factors that can increase your risk of developing type 2 diabetes include:[3]

1. A family history of type 2 diabetes
2. Being over age 45
3. Having high blood pressure
4. Having a higher waist circumference or body weight
5. Having high cholesterol or triglyceride levels
6. Being physically inactive
7. Having had gestational diabetes

Your healthcare provider may use one or more of these tests to understand how your body is managing blood glucose:

Fasting plasma glucose test
Measures your blood glucose after you haven't eaten or had anything to drink except water for at least eight hours.

NORMAL	PREDIABETES	DIABETES
5.6 mmol/L or lower	**6.1–6.9** mmol/L	**7.0** mmol/L or higher [4]

Random plasma glucose test
Measures your blood glucose at any time of day, without fasting.

DIABETES
11.1 mmol/L or higher when symptoms of high blood glucose are present [4]

A1C test
Measures your average blood glucose level over the past two to three months.

NORMAL	PREDIABETES	DIABETES
6.0% or lower	**6.0–6.4%**	**6.5%** or higher [4]

How can you lower your risk of type 2 diabetes?

Some risk factors for type 2 diabetes can't be changed, but healthy habits may help lower your risk or delay its development.[3]

1. **Know your numbers.** Regular health checks can help you understand your blood glucose, blood pressure, and cholesterol.
2. **Eat balanced meals.** Choose vegetables and fruits, whole grain foods, and protein foods regularly.
3. **Stay active.** Adults should aim for at least 150 minutes of moderate-to-vigorous physical activity each week.
4. **Stand up.** When sitting for long periods, stand up every 30-60 minutes and move around.
5. **Manage stress.** Try strategies such as taking breaks, spending time outside, connecting with others, or practising relaxation techniques.
6. **Get your sleep.** Aim for the recommended 7-9 hours of sleep a night.

These habits may help your body use glucose more effectively and can support a lower risk of developing type 2 diabetes.

Before starting any new exercise routine, talk to your healthcare provider to make sure it's safe.

[1]https://health-infobase.canada.ca/ccdss/data-tool/Comp?G=46%26V=1&M=2&
[2]https://www.canada.ca/en/public-health/services/diseases/diabetes.html
[3]https://www.canada.ca/en/public-health/services/diseases/diabetes/prevention-risk-factors.html
[4]https://www.diabetes.ca/for-professionals/health-care-provider-tools/screening-for-and-diagnosing-diabetes?



Give the gift of food

The holiday season is just around the corner, and with it comes plenty of opportunities to show someone you care. Whether you're looking for a thoughtful gift for a friend, neighbour, teacher, colleague, or host, something homemade can add a personal touch.

A great solution is to give food gifts. Your loved ones will not only appreciate the treats, but they will appreciate that they're homemade by you. From cookies and spiced nuts to homemade preserves, there are plenty of ways to turn a favourite recipe into something worth sharing.

60%
of Canadians say food is one of their favourite parts of the holiday season[1]

Make it fun

Preparing homemade gifts can be part of the fun. Invite family or friends to help measure ingredients, decorate packaging, or assemble a few batches at once. Put on some music, make an afternoon of it, and enjoy the process as much as the finished gift.

Make it special

Thoughtful packaging can turn a simple homemade treat into a memorable gift. Try using items you already have or packaging that can be reused.



Layer cookie ingredients in a reusable glass jar. Add the recipe on a card and finish with ribbon or twine.



Package nuts, chocolates, or other treats in a reusable container or paper gift bag.



Tuck baked goods into a bakery box and add a simple seasonal touch, such as ribbon or a dried orange slice.



Dress up jars of homemade jam or preserves with a label, fabric cover, or reusable ribbon.

Gifting tip: Sharing with someone else? Include the date the food was made, a simple ingredient list, and any storage instructions. If a recipe needs to stay refrigerated, make sure the recipient knows.

Make it delicious

Homemade food gifts can be sweet, savoury, spicy, or somewhere in between. Choose a recipe you already love, or try something new with the person receiving it in mind. These three recipes are easy to package, share, and enjoy throughout the holiday season.



Easy peppermint bark

Makes: 16 pieces | Prep: 1 hour | Cook: 6 min | Total: 1 hour 6 min

With layers of dark and white chocolate and a sprinkle of crushed peppermint, this simple four-ingredient treat comes together quickly and is easy to package for sharing.

Ingredients

- 9 oz (255 g) dark chocolate baking chips or melting wafers
- 9 oz (255 g) white chocolate baking chips or melting wafers (without palm oil)
- 1 tsp peppermint extract
- 3 regular-sized candy canes

Preparation

Line an 8 × 8-inch (20 × 20 cm) pan with parchment paper. Melt the dark chocolate in a microwave-safe bowl in 30-second intervals, stirring after each interval until completely melted and smooth. It will likely take 1 to 3 minutes. Do not overheat as the chocolate will scorch. Stir in ½ tsp of the peppermint extract. Pour melted chocolate into the prepared pan and spread it with the back of a spoon until an even layer is formed. Place in the fridge to set for about 30 minutes or until firm to the touch. While dark chocolate is chilling, crush your candy canes. Pulse in a food processor or place candy canes in a freezer bag and crush using a rolling pin or the bottom of a glass. Set aside. Once dark chocolate has set, follow the above instructions to melt the white chocolate. Stir in remaining ½ tsp of peppermint extract. Pour melted white chocolate over the dark chocolate and spread it with the back of a spoon until an even layer is formed. Sprinkle the candy cane pieces evenly over the white chocolate layer and lightly press with your hands. Place pan back in the fridge to chill until set, about 30-60 minutes. Once chocolate has hardened, let it sit at room temperature for 5-10 minutes before cutting or breaking into pieces. Store peppermint bark in a dark, cool place. It should last about 7-10 days in a cool kitchen or even longer (about 3 weeks or so) in the fridge or freezer.

Nutrition

Serving size: 1 piece

Calories: 178 | total fat: 10 g | saturated fat: 7 g | sodium: 16 mg | cholesterol: 3 mg
total carbs: 21 g | fibre: 1 g | sugars: 19 g | protein: 2 g | potassium: 119 mg

Oatmeal cranberry cookies

Makes: 12 cookies | Prep: 10 min | Cook: 14 min | Total: 24 mins

Oats and tart cranberries give these cookies plenty of texture with a touch of sweetness. Their dry ingredients also look great layered in a jar for gifting. **This recipe is vegan.**



Ingredients

- 1 cup quick oats
- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- 1 tsp cinnamon
- ¼ cup avocado oil
- ½ cup maple syrup
- 1 tsp vanilla extract
- ½ cup dried cranberries

Note

If you're giving this as a gift, layer the dry ingredients in a glass jar. Print out the recipe on pretty paper and attach it to the jar. That way, your recipient knows what to add and what steps to follow for delicious cookies.

Preparation

Preheat the oven to 350°F. Line a large cookie sheet with parchment paper. In a mixing bowl, whisk quick oats, flour, cinnamon and baking powder. Stir in maple syrup, avocado oil and vanilla extract using a rubber spatula, until the dough is sticky and consistent. If too dry, add a little extra avocado oil. If too runny, add a little extra flour. Fold in dried cranberries and stir to incorporate evenly. Divide the mixture into 12 even portions, lightly oil your hands, and roll into a ball. Place each cookie dough ball on the prepared baking sheet, leaving a thumb of space between them. Press the top of the balls with your hands to form thick cookies. Bake the cookies for 14-16 minutes, until they're nicely golden brown on the edges.

Nutrition

Serving size: 1 cookie

Calories: 158 | total fat: 5 g | saturated fat: 4 g | sodium: 63 mg | cholesterol: 0 mg
total carbs: 27 g | fibre: 1 g | sugars: 13 g | protein: 2 g | potassium: 67 mg

Sweet and spicy nuts



Makes: 6 servings | Prep: 10 min | Cook: 15 min | Total: 25 mins

A little sweet, a little savoury, and a little spicy, this nut and seed mix makes an easy snack to share or package as a homemade gift.
If you're sharing homemade food, be sure to include a simple ingredient list so recipients can easily check for allergens.

Ingredients

- ½ cup pecans
- ½ cup almonds
- ⅓ cup pistachios
- ⅓ cup cashews
- ⅓ cup pumpkin seeds
- 1 Tbsp maple syrup
- ½ tsp curry powder
- ⅛ tsp cayenne (or more to taste)
- ½ tsp dried rosemary
- ¼ tsp salt
- Non-stick cooking spray

Preparation

Preheat oven to 325°F. Combine nuts and seeds in a medium-sized bowl. Add the maple syrup, spices, and salt, and toss to combine. Spray a baking sheet with cooking spray, then transfer coated nuts to baking sheet and spread evenly in 1 layer. Bake 15 to 20 minutes, stirring once, until nuts are fragrant and lightly toasted.

Nutrition

Serving size: ⅓ cup

Calories: 258 | total fat: 22 g | saturated fat: 3 g | sodium: 99 mg | cholesterol: 0 mg
total carbs: 11 g | fibre: 4 g | sugars: 4 g | protein: 8 g | potassium: 302 mg

[1]https://leger360.com/holiday-season

Webinar

Interested in learning more wellness tips from the Teladoc Health Canada team?

Join us for our upcoming Wellness Webinar

Beyond Diets: Sustainable Weight Management Strategies

Presented by

Monette Comeau
Registered Dietitian
Clinical Operations-Specialty Care
Teladoc Health Canada, Inc

November 12, 2026
@ 1:00pm ET

Scan here to register

Teladoc HEALTH™

This newsletter is not meant to provide medical advice or services and should not be construed as the professional advice of Teladoc Health Canada. As such, Teladoc Health Canada does not guarantee or assume responsibility for the correctness of the information or its applicability regarding any specific factual situation. Personal health problems should be brought to the attention of physicians and appropriate healthcare professionals.

©Teladoc Health Canada, Inc. All rights reserved.