

Words of Wellness

September 2013

MIND, BODY AND SPIRIT

www.teacherwellness.ca

Did you know that every Anglophone school in New Brunswick has a Wellness Rep – along with some district offices – making for over 240 Wellness Reps working to generate a climate of wellness using a mind, body and spirit model?

Welcome back teachers! We hope that you feel somewhat rejuvenated as you enter the 2013/14 school year. Getting some rest and relaxation over the summer is crucial in providing you the energy and good health needed to experience a meaningful and positive start to the school year. And hopefully you can continue some of the summer-based self-care strategies throughout the year, ensuring you have the tools to fight off the stress that accompanies your challenging work.



Our first Words of Wellness newsletter is devoted to outlining our WOW plans for the 2013/14 school year. This year marks the fourth year of the WOW newsletter, a monthly bulletin that aims to provide wellness information for the teachers of New Brunswick. It is our goal that all teachers in Anglophone districts have either a hard copy of, or digital access to, the WOW. So, you may be reading this newsletter from either your computer, your school's Wellness Wall, your staff room wall, or even your school's bathroom wall!

This year's nine WOW newsletters will be structured using the theme

of "Mind, Body and Spirit". This is the motto of our School-Based Wellness Program, a comprehensive work-place wellness program offered in collaboration between the New Brunswick Teachers' Counselling Service and school/district-based wellness leaders.

Here is the breakdown of newsletters by month and theme.

Month	Theme
October	Mind: Mindfulness
November	Mind: Relaxation
December	Mind: Mental Fitness
January	Body: Exercise
February	Body: Healthy Eating
March	Body: Sleeping
April	Spirit: Laughter
May	Spirit: Gratitude
June	Spirit: Positive Attitude

As former teachers, we understand the challenges of working in schools, so we hope that this newsletter can provide some helpful self-care strategies and perhaps help lift your spirits in some small way.

Professional Counselling Service for Teachers



Carmen Meehan
Coordinator
Counsellor/Consultant
District South
Office (506) 634-2901
Toll Free 1-800-563-3938
carmen.meehan@teacherwellness.ca



Michael LeBlanc
Counsellor/Consultant
District West
Office (506) 462-0208
Toll Free 1-800-561-1727
michael.leblanc@teacherwellness.ca



Lisa Calhoun
Counsellor/Consultant
Districts North & East
Office (506) 855-5243
Toll Free 1-888-763-5050
lisa.calhoun@teacherwellness.ca