

# Words of Wellness

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## WORKPLACE WELLNESS AND GRATITUDE

by Joan Huskins, Mark Garnett, Kathy Szo and Joe Crossland & Eileen Anderson, NBTA

### Meet Our NBTA Counsellors!



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#### What can they do for you?

- Counsel teachers
- Respond to crises
- Offer Workshops
- Coordinate School-based Wellness programs

**They were teachers.**

**They know teachers.**

**They help teachers.**

#### School Wellness programs – what do they entail?

*Carmen, Lisa and Michael* train district Facilitators and school Wellness Representatives to promote wellness for all staff members.

**District-wide** – Each district has between 7 and 10 Wellness Facilitators who bring all of the school Reps together to plan activities.

**School-wide** – 235 Reps and committees organize wellness activities and promote wellness for their staff.

#### Here's something easy that you can try at work to get your daily dose of work wellness!



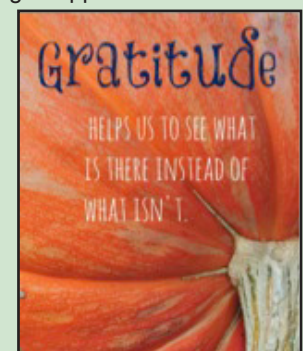
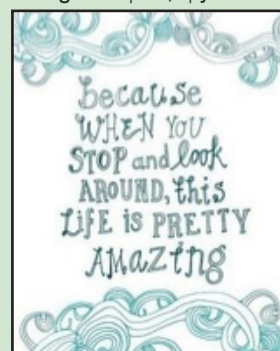
### Do you know who your school Wellness Rep is? Get involved!!

Stressing the importance of a good vocabulary, the teacher told her young charges, "Use a word ten times, and it shall be yours for life."

From somewhere in the back of the room, came a small male voice chanting, "Amanda, Amanda, Amanda, Amanda, Amanda, Amanda, Amanda, Amanda, Amanda, Amanda."

#### grat-i-tude

noun \ˈgrɑ-tə-ˈtüd, -ˈtyüd\ : a feeling of appreciation or thanks



In this month of Thanksgiving, take a minute to think about something for which you are grateful.