

Words of Wellness



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WORKPLACE WELLNESS

by Mark Garnett and Morgan Sinstadt

“When “I” is replaced by “We” even illness becomes wellness.”

5 Steps to Work/Life Balance.

1. Write down all of the roles that you are juggling.
2. Determine what's most important. Rank them.
3. Decide where to spend your time and energy.
4. Give yourself permission to make changes.
5. Do it! And don't feel guilty



maintain your energy through the busy year

- Check out 'compression socks' (also covered by Johnson Group Insurance)...to improve heart health and reduce fatigue.

Have your own personal Wellness Week.

Monday: Take a Screen Free Pledge.

Tuesday: Try Something New Tuesday.

Wednesday: Recess Rocks! (Listen to upbeat music on a break)

Thursday: Get caught eating a veggie.

Friday: Walk or bike to school!

Website to check out:
workplacewellnessonline.ca
Great resources!!

Twitter feed to check out:
[@wellteacher235](https://twitter.com/wellteacher235)

Great wellness advice for teachers.

Wellness TIPS for busy teachers

- Pack your own lunch and snacks
- Pick a block or two of time daily to check emails
- Ensure parents know that you don't answer emails in the evenings
- Make time to eat your lunch. And even better, put away the work while doing it
- Remember that you won't be able to get everything done. It's just the way teaching is.
- Don't feel guilty for closing your door and getting work done
- Use your Johnson Group Insurance to visit a Naturopath to get the scoop on how to

