

# Helpful Wellness Tips



After school my physical regiment is cleaning, ironing, dishwashing or laundry

Just tell colleagues to meet at the office at the lunch bell, go out and walk, the fresh air feels great no matter how far you go! It's easier to deal with all the recess issues afterward, because your mood is so much better.

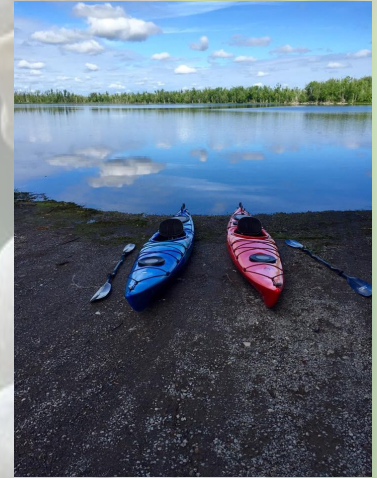
When times get tough and I feel overwhelmed. I tell myself to just breathe and to focus on the big picture. This helps me get through daily stressors. I go for coffee with my friends after work & attempt to take back my weekends by making time for family & friends. 20 minute power naps are my SAVIOUR!

I find it is hard to fit a workout into my life if I don't do it as a way to commute. If it's the way I get home, then I can't put it on the backburner.

## "Awe Walk"

To get the most of the walk you just need to be present. Notice the things around you such as the sights, scents and sounds and just allow yourself to take it all in. I've even started a gallery of photos that have inspired me from these experiences.

I am also part of the school "social committee" we strive to make our staff room a peaceful relaxing area. We have non-allergenic lavender soap and have outfitted the staff bathrooms with mouthwash, disposable cups and many other toiletries that might assist in refressing and renewing mid day :) We also try to hold quarterly 'potlucks' to encourage positive work relations.



**Taken by member Jennifer Groulx**

