

Helpful Wellness Tips

ROCKIN WITH ROSIE:

While making supper I put on music and dance/play with my yellow labrador retriever Rosie. She loves the music and the attention she is getting while I'm waiting for water to boil on the stove or for the oven to preheat. It stops me from snacking before supper and she gets so excited she makes me laugh and relax from her reaction.

[To see Rosie in action click here!](#)

MOM JEAN JAMS:

I noticed that every morning at school, tensions were high. Chatting with people became more about commiserating together rather than finding joy. So, I decided to start my morning differently. I would get to school a little earlier than usual, go to my classroom, make a tea and put on some 'singing in the rain' type music which the playlist was dubbed 'Mom Jean Jams'. Fun, sing-a-long hits from the 70s, 80s and 90s.

I'M A HAPPY HOOKER: I CROCHET!:

After I eat my lunch I pull out my latest work in progress and crochet for a few minutes. Sometimes just the feel of the yarn or a few minutes of the repetitive movements to create a pattern are all I need to center myself and be ready for the afternoon.

DANCE IT OUT:

At the end of the day when I get home, or once I've picked up my kids from school and we're driving home, we find a song we all like and have a mini dance party! It lets us get some energy out and boosts our mood - we laugh at each other's dance moves and sing at the top of our lungs. It's one my favourite silly activities to do with the kids.

COOK A NEW RECIPE:

When I am stressed from work, I look up a new and inspiring recipe from some corner of the globe. Turn some music on in the kitchen, light some candles or incense, pour a glass of wine and invite some friends over for dinner. Creating something in the kitchen is a labour of love. You can eat with your friends what you have created.

DIPSY DOODLE:

I have a large desk calendar and instead of crossing days off with a big X, I use that little 10cm square box to create a doodle. Sometimes I will just allow the pencil to do what it will, sometimes I will sketch designs for stage setups, costumes or room designs, sometimes I make sketches of the wooden sailboat I will build when I retire! Whatever. The left-side of my brain gets to do whatever it wants!

MEDIOCRE MEDITATION:

I have been trying to focus on meditation and could not seem to get over a 7 minute hump. Finally after weeks of reading, research and endless audio I was feeling more pressure and stress because I couldn't seem to tackle this in an effective way. I had a reflective moment and realised that I always found painting therapeutic. So Instead of doing arts and crafts at school I decided to invest in myself and have been painting nearly nightly since. It has given me a beautiful void of silence to be introspective and was exactly what I was searching for in Meditation.