

APRIL
20-24
2020



Wellness NEWSLETTER



Looking for more wellness resources or supports for students, staff or families?

Connect with your BRSD MHCB Wellness Coach, email mhcb@brsd.ab.ca, or visit this link:

<https://www.brsd.ab.ca/services/human-resources/information-for-existing-staff>

Monday 20th

This Week's Challenge

Choose a time each day this week to do a short Mindfulness practice. Try one of the free short sits from Mindful.org, download an app on your phone (like Smiling Mind) or access one of the many audio Mindfulness practices recorded for BRSD staff by Tammy Richard from AHS (just email mhcb@brsd.ab.ca for access.)

Tuesday 21st

Joyful
Movement



The next time you're walking to the car, taking the garbage out, or going for a walk outdoors, take moment to stop and notice the way the air feels on your face. What is the temperature? Is it windy? As you continue you walk, make note of the sounds around you and the smell of the air.

Wednesday 22th

Mindful Eating



Baking with mindful awareness involves being present and engaged with what you are doing, rather than being half focused on other things. Try this Mindful Baking recipe for Cinnamon Swirls to get some tasty practice!

Mindfulness:

intentionally paying attention to your present-moment, non-judgmentally and with an open heart.

Thursday 23th

3:15-3:30
Weekly Division
Mindfulness Sit

Take part in a Mindful community! Join a member of the MHCB team for a brief 15 min. guided Mindfulness sit, to help you calm, re-focus, and re-energize with staff from across the Division.

Email mhcb@brsd.ab.ca to participate.

Connect



The present moment
is FILLED with
joy and happiness.
If you are ATTENTIVE,
you WILL see it.

Thich Nhat Hanh

MindfulDevMag.com

Friday 24th

Challenge Reflection

- What did you notice during your Mindfulness practices? How did your body feel afterwards?
- What emotions arose during your Mindfulness sits?
- Which practices did you find were easier for you to stay present with?
- How could you continue this practice moving ahead?