

Monday 27th

This Week's Challenge

Mindfully cultivating qualities of the heart - such as kindness - can have many positive impacts, including stronger relationships and positive mental health. This week, commit to doing a Random Act of Kindness (RAK) each day. Today, start by cultivating kindness through this Mindfulness sit by UC Berkley's Greater Good Science Centre.

Kindness

the quality of being friendly, generous, and considerate.

“ When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace. ”
- The 14th Dalai Lama

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

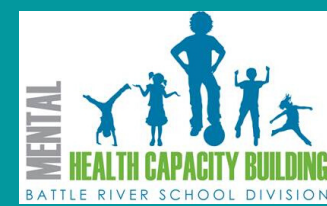
Connect with your BRSD MHCBC Wellness Coach or mhcb@brsd.ab.ca.

Wellness NEWSLETTER



APRIL

27 - MAY 1 2020



Tuesday 28th

Joyful Movement

Help a neighbor out! Try one of these ideas and get your body moving at the same time:

- wheel out their trash bin on garbage if they've forgotten,
- rake up leftover leaves from the fall,
- do a neighborhood walk and pick up some litter.



RESOURCE SPOTLIGHT

MHCBC Distance Programming Menu

Did you know that our team is offering online wellness programming for students, families and staff? We're working with students in small groups, joining classes during Google Meets, offering parent discussion groups, staff wellness opportunities and more! Connect with your school's Wellness Coach or email mhcb@brsd.ab.ca for more info.

Wednesday 29th

Healthy Eating

Have some extra veggie plants started? Why not offer these garden gifts to your co-workers? (Shout out to D.W. at ECKS for this RAK inspo!) No plants, no problem! Share your favorite recipe online and encourage your friends to do the same. Or if you're able to, give one of these commonly needed item to your local food bank.



Thursday 23th

3:15-3:30
Weekly Division
Mindfulness Sit

Text someone good morning or good night. It's a wonderful feeling to know someone is thinking about you. What's better than starting the day with that reminder?

Take part in a Mindful community! Join a member of the MHCBC 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.

Friday 24th

RANDOM ACTS OF KINDNESS

Challenge Reflection

- How did you feel after doing an act of kindness for someone else?
- Did you notice any positive outcomes in your relationships as a result?
- How do you think your life could be different if you continued to cultivate kindness in an intentional way?