

Greetings Falcons,

Happy Wellness Wednesday!

August is National Wellness Month. For the remainder of the month (as well as throughout the school year) we will focus on self-care, managing stress and promoting healthy routines and choices.

Self-care is defined as, “the practice of taking an active role in protecting one’s own wellbeing and happiness, in particular during periods of stress.”

As an individual, this means nurturing your physical health, mental health, and spiritual health. At the most basic level, self-care is making sure you are:

- Getting enough sleep
- Maintaining a balanced diet
- Exercising regularly

Beyond that, self-care can also look like:

- Taking time to relax
- Fostering your creativity
- Practicing gratitude and forgiveness
- Reflecting on your life and emotions

Unfortunately, busy schedules, family and school obligations, and the many other stressors of life can make self-care seem impossible. Oftentimes, we are more focused on the wellbeing of others that we forget to look after ourselves!

Research has shown that self-care helps manage stress and promotes happiness. There are numerous ways to make small changes that will increase your daily self-care. Here are a few suggestions:

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and adjust for better sleep habits
- Engage in a YouTube yoga or exercise class.
- Download a free meditation app and learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle.

This week’s Wellness Wednesday affirmation: *I love myself, so I take care of myself.*

Take care and be well,
Ms. McDougall