



## **BASD STAFF WELLNESS Fall 2020**

### **Breast Cancer Awareness**

*October is  
Breast  
Cancer  
Awareness  
Month*

According to the American Cancer Society, breast cancer is the most common cancer among women in the United States.

Have you ever wondered how physical activity and nutrition are related to risk of cancer?

While certain factors cannot be changed, making healthy diet and lifestyle choices may minimize your risk.

Visit <http://www.cancer.org/> to learn how diet and activity can affect your risk for certain cancers.

### **Diabetes**

November is National Diabetes Month.

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans has diabetes – that is more than 29 million people. Another 86 million adults in the United States are at high risk of developing type 2 diabetes.

You can prevent or delay type 2 diabetes by maintaining a healthy weight, eating well, and being active. Learn more at [www.diabetes.org](http://www.diabetes.org)



### **Jump into fall with 12 Mini Wellness Challenges**

It's officially fall! The transition period from summer into winter can make it easy to cozy up, stay inside, and lose track of your health progress. Less sunlight, more rain, and cooler

temperatures do not have to affect your wellbeing. In fact, autumn is actually a great time to kick your wellness goals up a notch! Being proactive about your physical and mental health during the fall will also help prevent the winter blues from hitting hard.

### **World Mental Health Day (10/10)**

People of all ages are experiencing new challenges during the pandemic; with social distancing, isolation, and changing routines, it can be a difficult time to manage.

Is the pandemic affecting your mental health? Know that you are not alone. This is a trying experience for all of us and it is extremely important that we take the time to help spread awareness and share resources for mental health support.

**[A Teacher's Guide to Managing Stress](#)**  
**[Link to BASD EAP](#)**

### **New for 20-21**

#### **BASD Staff Bear Den**

[The BASD Staff Bear Den](#) is a place for you to find tools and strategies to take care of your own wellness.

#### **Fitness Membership Subsidy**

Visit a fitness facility of your choice virtually or in person and receive a \$20 reimbursement per month. Monthly proof of payment of membership and attendance is required.

Streaming fitness subscription apps such as Peloton or Daily Burn qualify for the reimbursement!

#### **Healthy Snack Day**

Make every day a healthy snack day!  
A Healthy Snack Day will replace the Fresh Fridays starting in November!

### **BASD Wellness Committee**

[wellness@boyertownasd.org](mailto:wellness@boyertownasd.org)  
[BASD Staff Bear Den](#)

## Jump into fall with 12 Mini Wellness Challenges

*It's officially fall! The transition period from summer into winter can make it easy to cozy up, stay inside, and lose track of your health progress. Less sunlight, more rain, and cooler temperatures don't have to affect your wellbeing. In fact, autumn is actually a great time to kick your wellness goals up a notch! Being proactive about your physical and mental health during the fall will also help prevent the winter blues from hitting hard.*

*So, from now until December 21st (the first day of winter), we challenge you to boost your health and happiness this fall with these mini wellness challenges:*

**Meditate every day.** Meditation will reduce your stress levels and alleviate anxiety. It will also help you sleep better, feel more productive, boost your mood, and fight the risk of depression. Make it a goal to meditate for at least five minutes every day of fall.

**Get a flu shot.** Everyone should get an annual flu shot. Every year, 200,000 Americans are hospitalized due to complications from the flu. Getting vaccinated is one of the easiest things you can do to protect your health this season.

**Go a week without added sugars.** Added sugars lead to weight gain and an increased risk of a heart attack. If you're a sugar addict, the fall is a great time to crush your addiction before you're surrounded by holiday treats.

**Take a break from social media.** A social media detox might be just what you need to boost your mental health. Social media has been linked to risks of depression and a lower self-esteem. Try to limit using social media to 30 minutes a day.

**Cook a meal using in-season produce.** Say hello to healthy fall produce! Using in-season produce is a great way to switch things up and try out some new, healthy recipes.

**Go for morning walks.** While the weather still allows for it, go for morning walks. The crisp air and sunlight will give you a jolt of energy and boost your mood. Autumn morning walks are a great way to stay active outdoors before the winter months take over.

**Keep track of your mood.** Create a mood journal and track your mood throughout the fall. Using a mood journal will help you identify any sources of stress or anxiety, and make it easier for you to be proactive with your mental wellbeing.

**Be kind to yourself.** Say something nice to yourself at least once a day, every day of fall. Stay mindful of negative self-talk and work on building your confidence. Colder weather and less sunlight make it easier to fixate on the negative. Keep yourself feeling optimistic with daily positive affirmations.

**Track your water intake.** It's easier to drink water during summer months due to the heat and sweating. The fall months might make it trickier for you to stay properly hydrated. Start tracking your water intake throughout the day. Try using a free app to make tracking water intake a breeze.

**Compliment someone.** Making others feel good makes you feel good, too! Compliment at least one co-worker once a day, every day of fall. Genuinely complementing a colleague will help boost your happiness at work, increase office morale, and help you practice gratitude.

**Try a new workout.** Ever wanted to try a kickboxing or Barre class? Now is a great time to do it! Challenge yourself to try out a new group workout class or find a new virtual workout routine. Virtual workout classes are an excellent way to stay active when colder weather hits.

**Participate in a community event.** Find an event to volunteer at or participate in a virtual 5K sponsored by your community organization. Connecting with other community members promotes feelings of mental and social wellbeing.

*Use this list of mini wellness challenges as a guideline for a healthy fall. Feel free to customize it to fit your personal goals and schedule. Get ready to welcome a happier and healthier you this season!*

# SEL Corner

## Building Teacher-Student Relationships

(from *Social Emotional Learning and the Brain* by Marilee Sprenger)

The teacher-student relationship is the primary component of and precursor to a true social-emotional learning environment. Consider the quote from Alan Beck, founder of Advantage Academy: "You can't take care of the Bloom stuff until you take care of the Maslow stuff!" Social-emotional learning gives students the opportunity to deal with stress and anxiety, so they will be able to focus on higher level thinking.

Maslow before Bloom!

Try the following strategies to build teacher-student relationships:

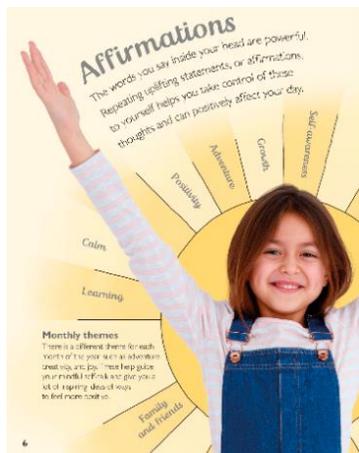
Greet students at the door, you say Hello & you say Goodbye, tell your story, use five ways to show you care (provide structure, offer choice, show interest, be optimistic, acknowledge their feelings), write notes to students, display vulnerability

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## Affirmations

(from *I am, I can* by Wynne Kinder)



**Affirmations and self-talk have been proven to change your mindset, from negative to positive. Positive affirmations can make you feel more optimistic, confident, and calm.**

Affirmations are powerful because the words you say in your own mind can affect how everything goes for you. Positive words have a way of creating a sense of strength, calm, confidence, and kindness from inside.

Words also have the power to hurt or make you feel unworthy or useless.

Those kinds of words have power too - but only if you let them.

You can choose positive, helpful words, also known as affirmations, instead of negative ones. Notice how moments of hope, optimism, and confidence increase the more often you think and speak positive words.

*Give affirmations a try!*

**October Affirmations: JOY**

*(Joy is a small word for a big feeling. The cool thing about joy and happiness is that you can find it or create it for yourself and others.)*

Affirmations: I can have fun, I like to celebrate, I can be joyful, I am funny, People can count on me to make them feel better, I love to laugh, I don't take myself too seriously, I see the good in every situation,

I have everything I need to feel happy, I am full of positive energy, I can lift other's spirits, I can start each day fresh, I can move on, I can do great things, I can be part of the problem and part of the solution

**November Affirmations: GRATITUDE**

*(Thinking about what you are thankful for helps you feel happy and positive. Focus on friends, your special skills, pets, fun places you can go, and things you like to do. Grateful thoughts come more easily when you practice each day.)*

Affirmations: I have so much, I can think about what makes me happy, I know I am safe will people who love me, I let people know I appreciate them, I can show that I am grateful, I am appreciated, Gratitude is something I can practice, I am proud of my efforts, I am grateful to be able to make choices for myself