



BASD STAFF WELLNESS

Winter 2020-21



Happy Holidays
Best wishes for the holidays
and the coming New Year!



Do you want some tips and ideas to relax and enjoy the holidays in a healthier way this year?

The [CBC Healthy Holidays](#) resources will help you to keep your health and wellness in check this holiday season!



Capital BlueCross Resources
Capital BLUE 

Capital BlueCross is more than health insurance. It provides a variety of free and easily accessible online programs, tools, and resources to help you live healthier.

Online Resources:

- [Capital BlueCross Website](#) – register to access current offerings, health information, and resources
- [Capital BlueCross's YouTube channel](#)
- [Blue 365](#) – discounts on national products and services from fitness apparel to nutrition and leisure
- [Fitness Your Way](#) – access more than 10,000 gyms nationwide for just \$29 a month

Telephonic Services:

- [Care Management](#) – specially trained care managers provide important education to help individuals manage their condition, and personalized one-on-one support by phone to help follow the treatment plan prescribed by their doctor
- [Nurse Line](#) – free and confidential support by experienced nurses

Online tools and programs – explore the [Capital Blue Cross Website](#)

- Log in to the member portal (Wellness) to access a variety of tools and programs to meet your health goals and needs.



National Wear Red Day

February 5th, 2021

Let's unite to prevent heart disease and stroke.

Proceeds from the Jeans Day will be collected through all buildings and donated to the American Heart Association on behalf of the BASD staff.

Nutrition Habit Challenge

February 2021

Start the year off right with small, manageable changes to your lifestyle. Are you and your family among those resolving to make some healthy changes this year? Then join us in this challenge. More information coming in January.

Wellness Wednesdays Staff Yoga

Yoga with Kristen is back! Join us every Wednesday! Sign up [HERE](#).

Wellness Wednesdays Presentations

Make 2021 your healthiest year ever! Whatever your goals are for 2021, our wellness presentations can help you to achieve them! More information is coming in January.

BASD Staff Bear Den

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

Healthy Snack Day

Make sure you get your free healthy snack every other Friday.

Fitness Membership Subsidy

Visit a fitness facility of your choice virtually (including streaming fitness subscription apps) or in person and receive a \$20 reimbursement per month.

BASD Wellness

Committee

wellness@bovertownasd.org



Finding Joy This Season

In times of overwhelm, finding joy may feel like life's best kept secret, or maybe even a chore. Perhaps you don't notice joy is missing until life feels too stressful and joyless. It can be tough to find joy when life keeps throwing curveballs, but that's when it is pertinent you set aside time for finding joy.

So, this season, we challenge you to find joy by trying any of these activities:



Enjoy small things. Sometimes it's important to remember that the small things are everything. In an era of doing everything at warp speed, we often skip right over truly savoring moments that are pleasurable. Enjoying the "small things" can include seeing a child smile, reading a good book, walking with your dog, experiencing alone time, or enjoying your morning cup of coffee. When you take the time to savor these experiences, the practice itself can lead you to feel happier and more welcoming of joyful moments — no matter how big or small — more easily.

Create a joy list. When was the last time you took a pause to think about all the things in your life that bring you joy? Whether it's activities, people, pets, or another joy-bringing object, reflect on it often. Take a moment and write a list of any and everything that brings you joy. That list may include anything as simple as seeing a sunrise or as deep as being thankful for a supportive spouse. If you want, keep it on your phone in a note to look over when you're having a bad day and need a little joy lift.

Spread kindness. Acts of kindness don't need to be elaborate to bring you or others joy. In fact, the less you have to think about it, the more it becomes a habit and infuses joy into your daily life. You can bring joy to yourself and others by emailing a compliment to a coworker, running an errand for a single parent, sharing a self-help book you enjoyed, or dropping off groceries to a quarantined friend.

Let go of the negative. How do you feel after receiving bad news or negative feedback? Probably not so great, right? Negativity has a way of going on a loop in the brain and instantly stealing joy. You can make a conscious decision to let go of negativity. You can let joy in by: being intentional (decide to let go of the negative thought, feeling, etc.), writing it down (write down the negative emotion and then crumple up the paper and toss it out), getting it out (consider talking it over with a trusted person who will just listen), training for the positive (Turn a negative into a positive. When everything seems to be going wrong (like it has in 2020), consider anything positive that has also come out of it. Put it into practice and it will get easier as you go along.) Look at this as an opportunity for growth or a new challenge to look for the positive in every day — even if it's just one thing!

Start a conversation. As social beings, it's important for us to connect with others. Experts agree that social interaction has an impact on people's positive emotions, too. Whether you've kept away from people because of the pandemic or have kept yourself overbooked and overworked, make time for conversation. Any day of the week is a good time to connect with others. You can chat with friends and loved ones over the phone, by video calls, during socially-distanced backyard events, and more. Even a short chat with someone in line at the store may be enough to lift your mood and theirs.

Spend time with nature. When you get outside, you may find stress levels reduce right along with your anxiety. Additionally, quiet time in the great outdoors can induce a reflective mood. Research shows a 90-minute walk outdoors reduces the activity in the brain that focuses on negative thinking. Can't get out into nature due to inclement weather or other reasons? Bring nature to you. Studies show that even the sounds of nature or viewing nature (think natural landscape wallpapers for your phone or computer or even an indoor plant) can bring feelings of joy.

Wear your favorite items. When you put on your favorite sweater, necklace, perfume, etc., it probably puts a smile on your face. At the very least, you feel an inkling of joy and maybe even sigh as you put your favorite cozy pullover on.

*Try these ideas to uncover joy in each and every day this season. When you practice experiencing joy daily, it may eventually become second-nature and help you enhance your overall emotional state.
May your season be joyful!*



SEL Corner

Self-Awareness



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

When students walk into the classroom, backpacks and textbooks are not the only baggage they bring with them. Everyone enters the room in a different mental, emotional, and physical state, which often affects their readiness and willingness to learn. Students who act out in class are doing so because of a “feeling” they have. We need to help them name that feeling or emotion.

CASEL pinpoints the following competencies as components of self-awareness: be able to identify emotions, have an accurate self-perceptions, recognize strengths, possess self-confidence, and demonstrate self-efficacy.

Strategies for teaching self-awareness:

An emotion vocabulary (provide a variety of vocabulary words related to emotion to help students express their feelings more precisely), greetings (greetings offer an opportunity to develop relationships and to discover how your students feel), an emotional inventory check-ins, journaling, drawing, taking a break (stop and “feel the feeling”), self-perception “boots” (ask students to draw a pair of boots and write on the boots what the cement is that keeps them grounded).




Mindfulness

“Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.” (mindfulschools.org)

Simply put, mindfulness is a big word for a simple idea – it is paying attention, with care, to one moment at a time. People are often distracted. It takes practice to use your senses to focus on one thing and learn to live in the present. Mindfulness can play a vital role in helping students and teachers create a classroom environment conducive to learning and personal growth.

*The best way to teach mindfulness is to be mindful.
Try these activities as you develop your own practice:*

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- 1. **Schedule five minutes of mindfulness** into your day, ideally first thing upon waking:
 - Find a quiet space to sit comfortably with an erect spine and relaxed body
 - Set a soft timer so that you aren't distracted by looking at the clock
 - Focus on your breathing, putting your awareness in your chest and lungs
 - Scan your body from head to toe, relaxing each part as you become aware of it
 - When your thoughts bring you away, simply bring your awareness back to your breath; remember that the aim is not to stop or suppress thoughts, but rather to practice bringing awareness back once it has gone away
 - 2. **Make space for mindfulness moments** throughout the day; for example:
 - Take three deep breaths at the beginning of each class, before a meal, or to calm yourself when you notice that you are tense, stressed, frustrated or angry;
 - Feel the sensation of your feet on the ground as you walk to lunch;
 - Make eye contact and be still while listening fully to another person

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Remember that as long as you make an effort, there is no such thing as failing!