

# TAKE A MINUTE FOR WELLNESS

DECEMBER 2020

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## TIS THE SEASON



For the past weeks, schools have been bustling with activities. The snow has arrived, and report cards have been written. Next will be the excitement and anticipation of upcoming holiday traditions - and the necessity of trying out some fresh new ones. As Dr. Jody Carrington says, "we are exactly where we need to be."



### GIVE YOURSELF AN "A"

The "A frame" being a basic structure designed to bear a load in a lightweight economical manner. In its simplest form, two similarly sized beams, arranged in an angle of 45 degrees or less, attached at the top, like an uppercase letter 'A'. In other words, lean on each other. "Leaning on each other is the name of the game."

Remember that filling someone else's bucket fills your own equally and the smallest gestures can change someone's day. Taking care of others is where the power lies. When the adults are taken care of, our "littles" can relax in strong arms.

### THIS MONTH:

- Check in with as many hearts as you can.
- Wave and make eye contact with everyone you see.
- Give a Covid-style hug.
- Before going to bed at night make a list for yourself of all the people whose lives you made brighter today.
- Hang a favourite Christmas ornament from your car's review mirror.
- When you think you have enough lights on your Christmas tree, add two more strands.
- Let someone else have the parking space you just found. Think of it as a gift to a stranger.
- This Christmas, give yourself the gift of living in peace with those things you cannot change.
- Take a walk with someone you care about.
- Take out your travel souvenirs and hang them on your Christmas tree this year. It will remind you of past travels and will create dreams for the future.
- Relax and let yourself enjoy this season of seasons.

**DON'T LET WHAT YOU CAN'T DO,  
STOP YOU FROM DOING  
WHAT YOU CAN.**

## VIDEO RESOURCES

Edutopia has a series of delightful videos that offer simple strategies for “rapid resets” to help teachers and students calm their minds and bodies and get back to learning. Watch these videos for terrific tips for maximizing the effects of these resets.

1) **“Music soothes the savage beast”** is an old saying that has its origin in experience and science. Purposeful focus on the physical sensations of singing or humming signals the survival brain that it is safe and calms the nervous system. Hum under your breath or belt out a chorus of your favourite song – alone, in a small group or with the whole class.

<https://youtu.be/d6CJzVRE2ww>

2) **“Take a Walk!”** can be said to encourage someone to leave or can be a rapid reset suggestion. The survival brain responds to physical sensation, so noticing the feelings in your body as you walk relaxes the nervous system. Walking alongside a student and varying the walking speeds can help with co-regulation of systems.

<https://youtu.be/grFYCzYn8G0>

3) **“I need a drink!”** ...of water of course... The survival brain responds to physical sensation, so bringing awareness to the sensations of drinking water helps calm the nervous system.

[https://youtu.be/EUxuElz\\_FEM](https://youtu.be/EUxuElz_FEM)

4) **“Don’t push!”** ....or rather please push – against the wall that is. Intentional focus on the physical sensation of pushing on a wall tells the survival brain it is safe and calms the system.

<https://youtu.be/CKHU1a3HQGE>

## QUICK GUIDED YAWN + STRETCH

<https://www.innerhealthstudio.com>



Get ready by rotating your shoulders and shaking your shoulders and arms. This will help to loosen up tight muscles.

Now open your mouth, and start to breathe in.

Open your mouth wider...wider... and open the back of your throat.

Feel the breathing passages opening. Your ears may even pop.

Allow the yawn to arrive as you inhale,

and then complete the yawn by

breathing out loudly with a sigh.

Take a few slow, deep breaths. Breathe in.... and out. In.... and out. In... out.

Now yawn again, and as you inhale with your mouth open wide, stretch your arms out and up. Stretch your muscles as you yawn. Allow your arms to drop back to your sides as you breathe out with a sigh.

***Notice how much more relaxed and calm you feel.***

