



Staying on top of your wellness needs will help you gain greater clarity and control of your professional health.

November 2019

With the start of this school year in our rearview mirrors, it's now important to take stock of your wellness needs going forward.

School startup can often derail the best-laid plans to remain well and balanced after a rejuvenating summer break. Many of us come into the school year with the best of intentions to follow through on wellness activities we embraced over the summer holiday. With what seems like a consistently longer “start-up” period being the new norm, it's important to take time to revisit your wellness plans and implement them in to your professional practice.

I suggest you put aside some time for yourself over the upcoming Remembrance Day weekend. Identify what you need to put in place over the remainder of the calendar year to help “bridge the gap” prior to the December break. What do you need in place over the next six to seven weeks to feel you are attending to your self-care needs during this busy stretch of time? It might be getting out for a walk once a week after work with a good friend or attending your local weekly community yoga class offered on an evening or over the weekend. These brief wellness encounters may seem marginal but they tend to multiply and have a positive effect regardless how often you might attend.

For those already well entrenched in a regular wellness regime, stay focused and remain vigilant! There are times we get derailed from our wellness practice with work commitments. Rather than stew in your juices about your shortcomings, jump back on the bus and get back into your wellness rhythm. Half the battle for many of us is the time between the derailment and the time it takes for us to re-engage.

Many administrators find partnering up with a peer or two can help ensure some consistency of getting out for after school activities. Where you can, partner up and negotiate space for one another to grab some windows of time to get your wellness needs met.

Jack MacNeill
President
humanworks consulting group inc.

Jack is a registered clinical counselor and organizational counselor who has worked in the education sector, specifically with teachers and school leaders, for more than 25 years. He is the founder and president of humanworks consulting group inc. Jack's column will appear in BCPVPA's eNews the first Friday of each month.