



Let there be peace (and rest)!

December 2019

With two weeks to go before the holiday break, for many administrators the focus is to get to the end of the school day on December 20th with a sense of completion and survival! In all seriousness, it's a very busy time of year that leaves many educators feeling exhausted and in need of a good break. Take time during the holiday to maximize your recovery and improve your wellness.

1. Read, Rest and Relax

The three R's take on a different meaning during the holiday break. Find ways to slow down your daily living pace during the break. This is not the time to do but rather, to be. The three R's help restore our energy, repair our bodies, calm our thoughts and improve our mood. Enjoy some respite and quality leisure time. "Book" time for your three R's during the holidays.

2. Get Outside

Get outdoors regardless how fast you plan to move. Dress in layers as your activity demands (and the weather). Embrace the natural environment. Being outdoors has many health benefits including lowering blood pressure, reducing stress and inflammation, boosting your mood and helping to eliminate fatigue. Grab a friend, partner or family member and enjoy some time together in our wonderful outdoors. It'll help you fill your tank up and clear your mind during your "down time."

3. Connect

The holiday break can be a hectic time for many. Do what you need to create space for you, your relationships and family's needs to ensure you can enjoy some quality social interaction. Based on a

2014 Stanford University research paper, social connection improves physical health and mental and emotional well-being. People who feel more connected to others have lower levels of anxiety and depression. Reach out to relationships that feed your sense of belonging and connection with community.

4. Take Stock

After the festivities are behind you and you begin to prepare for the return to work, take some time to reflect on your autumn and what you need to prioritize for yourself going in to the New Year. Reflect on the lessons learned during the autumn, gain resolve of the areas you wish to improve on and get clear on your intention going forward. By reflecting on our past autumn and preparing for the next phase of the school year, we gain a sense of clarity, control and renewal.

Wishing you all a safe and restful holiday season!

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Jack's column will appear in BCPVPA's eNews the first Friday of each month.