



Shake it up!

February 2021

With Spring Break being just a month and a bit away, for many people February is a great month to shake up your mood and wellness focus. Approaching our health needs with new strategies, focuses and behaviours will help you bridge the wellness gap to Spring Break.

Here are a few approaches that might help you shake up your routine and overcome the next work stretch before Spring Break, while feeling more attentive to your wellness needs in manageable ways.

1. Get physical!

With the days finally getting longer again and the sun still up for many of us as we leave work, schedule a walk after work a couple of times a week before you make your way home. Whether it's by yourself or with a colleague where you can maintain safe social distancing, getting out for some fresh outdoor activity helps you decompress from the workday and will contribute to your overall well-being. 'Schedule' the walks in your calendar as best as you are able to ensure you can consistently get them in!

2. Adopt a new work wellness micro-habit

Whether it is focusing on your daily water intake, reducing caffeine intake or taking a minute to catch your breath and breathe deeply, work wellness micro-habit goals help our overall wellness needs and help us remain connected to our health at work. Creating a weekly micro-habit goal chart between now and the Spring Break can help you bridge the gap over the next five-to-six weeks when we will have more time to recoup and rejuvenate.

3. Create new weekend rituals and rewards

With the month of January in our rear-view mirror, many of us look towards the month of February as a time of renewal and emerging possibilities. Shake up your weekend by establishing new approaches to your weekend that reflect healthier, self-indulgent choices.

Whether it is trying a new international weekend cuisine (I'm all over Spanish recipes right now!), exploring new local hiking/walking/skiing trails, or learning a new board game or dance style, make your weekends more enchanting and inspiring while you rest up.

4. Sober curious?

There is a relatively new movement that is gaining popularity known as sober curious. Unlike sobriety, which is often a lifestyle chosen as a result of alcoholism or an alcohol use disorder, sober curiosity is often defined as having the option to choose, to question, or to change your drinking habits for health-focused reasons (mental and/or physical). The sober curious movement has encouraged individuals to recognize the often unhealthy habits that are associated with alcohol. Whether you choose to abstain for a month or a week or maybe become more curious about your own relationship with alcohol, it's a healthy conversation that we can benefit from, as we explore the role alcohol plays or doesn't in our life.

Please reach out to the [BCPVPA EIP Program](#) should you seek support and guidance around remaining professionally well during this challenging time.

Spring Break is coming! With great respect and admiration,

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