



# Spring Break at last!

## March 2021

With Spring Break a week away, for many of us it's time to shift our focus to maximizing the holiday. Here are a few approaches that might help you make the most of Spring Break, while feeling more attentive to your wellness needs in manageable ways.

### 1. Be organized!

For many educators, Spring Break is a time to get away from work and enjoy a holiday with family and friends. Given COVID-19 restrictions, it's likely many of us will remain close to home over the holiday. This can lead to 'work seepage', where work becomes a constant companion over the holiday period. Take time before the Spring Break to organize your thoughts and create priority lists to help you feel organized for your return to work. Even if this takes a bit of time at the beginning of the break, by being organized at the onset of the holiday we can establish better work boundaries and enhance our 'mind space' away from work during the March break.

### 2. Get outside

For most educators, the work stretch from early January to mid-March this year has led to many, many more hours than usual indoors due to COVID-19 restrictions. Whether it has been at home or at work, our ability to be more active and outdoors has been reduced. Take full advantage of the Spring Break to make plans to be outdoors daily. Not only will outdoor activity - of any nature - lead to greater mental health, physical wellness and improved sleep, but it will also nourish our sense of community and belonging. Most of us are seeking greater connectivity while navigating the pandemic reality. Being outside provides many with a contextual grounding that is both affirming and validating, which boosts our self-esteem and self-worth.

### 3. Rejuvenate

Whether it be by focusing on improving your sleep quality and length, engaging in regular activity or focusing on improving our dietary needs and creativity, take advantage of the time away to help you rejuvenate. Embrace

the beginning of the Spring season and look to activities that promote renewal and well-being. Be mindful of your alcohol and food intake to ensure it doesn't sabotage your Spring Break health priorities. Making healthy rejuvenating choices over the March holiday will help you recover from the previous ten weeks of intense work and better prepare you for the last three-month run upon your return.

### 4. Connect

With all the COVID-19 implications this past year, many of us have put a number of important relationships in our lives on the 'back burner' since the December holiday season and throughout the last year. Reach out to those relationships that have been dormant, inactive or lacking contact for a while and seek some connection. Whether it's getting outside for a walk, connecting over the phone with those far away or less able, or focusing on closer relationships with greater intention, make a point of engaging in some good human interactions. It's bound to buoy your spirits, enhance your well-being and reaffirm your sense of gratitude and community.

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 here! With great respect and admiration,

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